



Sherborn LINK

JUNE 2016

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This year the Council on Aging honored Tom Hunt as the COA's Volunteer of the Year at the annual Volunteer Appreciation Luncheon. This luncheon recognizes all who serve our seniors but singles out one individual who has made a significant impact to the lives of seniors in our community.



Most of us recognize Tom from his slight silhouette as he walks around Town. In 1988, Tom walked across the country to raise awareness of homeless and renew himself spiritually. A former chaplain in the Armed Services, Tom's life has been one of service...to people in need and to God. Even as he served, Tom was never been too busy to make time for his family. He and his wife Susan have been married for almost 50 years and created a loving household for at first son Tom and daughter Leslie, and now their families (grandchildren and great grandchild!).

A quiet, unassuming gentle man, Tom Hunt was the force behind the Sherborn Old Boys Club; a program which was developed to engage men who faced the challenges of chronic illness. While the program was under the auspices of the Council on Aging, Tom single-handedly worked to recruit guest (male) speakers from the community who spoke about their hobbies, interests, vocations AND led twice monthly discussion where he encouraged dialogue and provided the men an opportunity to share concerns as they faced the challenges of coping with their illnesses. But Tom didn't stop there—he went into the community and visited these men when their illnesses kept them from participating. Today, while the program is on hiatus, he continues to reach out to former program participants—and other senior men—to be available when someone needs to talk.

He brings a wonderful energy and dedication to the Old Boys program. His perspective has been invaluable to the Council on Aging team as we have structured a program to serve the needs of older men. We are so very grateful for his time and talent.



**Save the dates
for these two
special events**

**Thursday, July 7—
annual Summer
BBQ**

**Monday, August
22—Ice Cream
Social**

SHERBORN
COUNCIL ON AGING
508-651-7858



Look for us on the web at 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



Library Happenings

There are lots of things going on at the Library for adults. While some programs and groups go on hiatus during the summer, these groups will continue:

Mah Jongg Monday from 12 noon to 3 p.m. Please contact Donna Bryant at 508-653-0770 or email her at referencelibrarian@comcast.net. Anyone Interested in learning the game should contact Donna Bryant via the contact information above. The library periodically offers Mah Jongg instructional classes when there are enough players to form a practice table.

Genealogy Club Wednesday Begins at 10:30 a.m. Come explore the world of genealogy and learn about your past. You will learn about your family tree and may discover a famous or infamous character or two in your family.

Adult Coloring Friday from 2 p.m. to 3 p.m. Relax, create, and color! Join others at the Sherborn Library for some adult coloring, Supplies and and light refreshments will be provided.

Come join the fun!

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.

READERS SPEAK

PREPARING FOR A SUMMER VACATION



Do you get exasperated with the amount of gear and stuff you have to load into, on top of, and tow behind your SUV as you get ready to take the family to the rented cottage for a couple of weeks? If so, read on, and be glad you didn't have to do it 150 years ago.

In the late 1800's, wealthy people in and around New York City were discovering that the Adirondack Mountains in upstate New York were a wonderful place to vacation. Families such as the Vanderbuilts, Durants, Astors, etc. bought huge tracts of land there and built extravagant "Great Camps" where they would vacation with family and friends. To get there, they would have to take a train from NYC to a town somewhere on the perimeter of the mountains, such as Ausable, NY, and then go by horse and carriage into the heart of the mountains to their "Camp." One such vacationer was Anton Stokes, a wealthy New York financier.

Stokes, however, didn't build a permanent "Great Camp," apparently preferring to be closer to nature. His camp site was on an island near the hamlet of Paul Smiths in the central Adirondacks, about 50 miles by rough, unpaved roads from the nearest train station in Ausable, NY. There, he built some permanent wooden platforms on which he would pitch tents for his family and guests. In 1883, he prepared to go there to vacation for the month of August. His daughter kept a sort of diary that she titled "Camp Chronicles" where she recalls the preparations for the journey northward. She writes:

"Busy packing all morning, Patrick left in the afternoon with horses, two dogs (a pug and a setter) and a truckload of freight. Papa chartered what they call a special parlor horse car direct from 42nd Street to Ausable for \$100, and we take in it our horses, carriage, all camping outfits, extra trunks, stores, etc. They go to Plattsburgh and arrive tomorrow evening. Then, to Ausable where the freight will be taken off by wagons to Paul Smith's."

"Baggage, etc., for the summer campaign of our Stokes family included: Anton Phelps Stokes, wife, seven children, one niece, about ten servants, Miss Rondell, one page coachman, three horses, two dogs, one carriage, five large boxes of tents, three cases of wine, two packages of stovepipe, two stoves, one bale of china, one iron pot, four washstands, one barrel of hardware, four bundles of poles, seventeen cots and seventeen mattresses, four canvas packages, one buckboard, five barrels, one half-barrel, two tubs of butter, one bag coffee, one chest tea, one crate china, twelve rugs, four milk cans, two drawing boards, twenty-five trunks, thirteen small boxes, one boat, one hamper."

That's an amazing list. It's interesting that she lists 22 people but only 17 beds and mattresses? They would be out in the middle of nowhere, so they had to bring their own horses, a carriage, a buckboard and a boat. One can only guess as to what was in 4 canvas packages, 5 barrels, 25 trunks, 13 boxes and 1 hamper. Hopefully, there was a bathing suit in there somewhere! I'll remember this story the next time I hear someone complain about having to stuff a couple of boogie boards into the SUV, load a sunfish onto the roof rack and hang a couple of trail bikes out over the back bumper when heading to Cape Cod for a summer vacation.

By Alan Dunn



In Memorium

Margaret "Peggy" Sacuto

While the LINK honors Notable Elders, it is not often that we publically recognize their passing. But Peggy Sacuto, who passed away on April 26th, was exceptional. She was a champion of Sherborn Seniors and left her mark on the town. The following is an excerpt of a tribute given by Serena Hall, President of the FRIENDS of the Sherborn Council on Aging at the life celebration for Peggy who was 90 years young, still vibrant, feisty and with a passion for living.

"On behalf of the Friends of Council on Aging, I want to share and express appreciation to Peggy, as it was her foresight to create a Friends of COA, which would allow for fund raising and give us the ability to invite speakers and offer programs to support and enrich Sherborn's COA activities. She was passionate about adding interest and options for curious seniors to keep them vibrant and engaged in a fuller life. I believe many have embraced these activities and that their lives have been enriched by her energetic vision to keep this a well rounded community for its residents.

She researched and learned how to create a 501 (c) 3 and wrote the original by-laws. She cobbled together a board—many of whom are still serving 9 years later. There was no money in the beginning, only a sketchy dream of supporting a few new programs and perhaps some adult education for the community here. Lifetime Learning emerged—small enrollments at first to now bursting at the seams for some classes. Clearly there was an interest for Lifetime Learning! It was and is enormously successful, now, self supporting. We have students from surrounding towns, and even some adjacent towns are emulating our program too!

Fund raising started small—with an out pouring of seniors' best bakers selling homemade holiday cookies and confections--and has now escalated into an annual holiday craft fair.

Peggy was feisty, determined, tenacious in her efforts, but absolutely charming and a great friend. Her zest for a good life—full of fun, and learning was her over-arching goal for all of us. I am a better person to have had her in my life."

Walking Club

Come and join a group of walkers on Mondays starting at 10:00 a.m. at the destination. Please note no walk on Monday, June 13th. The June schedule is :

June 6- Holliston Rail Trail in Holliston. This will be a 1 hour walk along the rail trail. Here is an overview of the entire Holliston Rail Trail- <http://hollistontrails.org/about-fht/trail-details/> Car pool leaves Sherborn Town Hall at 9:45 a.m. If you'd like to meet us there- we will be starting on the trail across the street from Holliston CVS- 101 Central Street. There is parking parallel to trail on Front Street.

June 20 - Garden in the Woods in Framingham. Walk with us through *the New England Wild Flower Society's Garden in the Woods* (180 Hemenway Road, Framingham), Admission: \$9/senior. Car pool leaves Sherborn Town Hall at 9:35 a.m.

June 27- Noon Hill Reservation in Medfield. The walk will be 1.3 miles round trip walk to summit/back with a nice view of Foxboro stadium. Trail details: <http://www.thetrustees.org/places-to-visit/greater-boston/noon-hill.html#t3> Car pool will leave Sherborn Town Hall at 9:35 am. Bring money for lunch at Brothers Marketplace

SPRINGTIME TRAVELS

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

Friday June 24-- Newport Flower Show. Enjoy a wonderful outdoor event at Rosecliff Mansion. .See the flowers, listen to gardening experts. \$25 per person, lunch on your own. Bus subsidized by the FRIENDS.

September 19-21

Montreal Excursion

Trip includes tour of Old Montreal, Notre Dame Cathedral, Mont Royal and more. Cost includes two nights hotel plus 2 dinners and 2 breakfasts.

Tour costs: \$364 per person double occupancy; \$354 per person triple and \$454 for a single room



Technology Help Available

LAST TIME TIL THE FALL: Get your technology questions answered by Nichole and Ashley.

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

- **Monday, June 13** from 3 to 4:30 p.m. at the Woodhaven Community Room. Appointments are approximately 30 minutes.

JUNE 2016

Summer is a busy time at the COA. Read the LINK cover to cover to learn more about our trips, garden parties and other events!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Noon— GARDEN PARTY	3
5	6 10 a.m. Walk	7 9:15 a.m. Exercise St. Theresa	8 9:30 HAIR- SPRAY Trip 10 a.m. Yoga Woodhaven	9 9:15 Exercise Noon— GARDEN PARTY	10
12	13 3 pm Techno Help@Woodhaven	14 9:15 a.m. Exercise St. Theresa	15 10 a.m. Yoga Woodhaven	16 9:15 Exercise Noon— Lunch @ Pilgrim Church	17
19  HAPPY FATHER'S DAY	20 10 a.m. Walk	21 9:15 a.m. Exercise St. Theresa	22 10 a.m. Yoga Woodhaven	23 9:15 Exercise Noon— GARDEN PARTY	24 <i>NEWPORT FLOWER SHOW TRIP</i> 
26	27 10 a.m. Walk	28 9:15 a.m. Exercise St. Theresa	29 10 a.m. Yoga Woodhaven	30 Noon— GARDEN PARTY	



June Calendar

Held every Thursday and in the summertime we alternate between garden parties which start at noon & Pilgrim Church, 25 S. Main Street. Questions? Please call the COA at 508-651-7858.
All seniors 60+ welcome!

June 2 – Spring Woodland Garden Party

Jean Rousseau – 159 Nason Hill Rd, will be host for this party. Gardens and back yard are on a hilly slope. Please wear appropriate shoes! **VERY LIMITED PARKING.**

We will run a shuttle from the front of Town Hall beginning at 11:45 a.m..

Please call the COA for a reservation.

Lunch: Please bring a sandwich & a chair; drinks & desserts provided.

June 9 – Enjoying the Peonies Garden Party

Enjoy peonies in bloom at the Willis' home at 177 Farm Road. The garden party will be organized and hosted by Sally Willis and Joan Dunn.

Lunch: Provided. Please bring a chair.

June 16 – Pilgrim Church – *Pizza, Bingo & Prizes* – **Last time at Pilgrim until the fall!**

Let's compare notes on summer plans! Plenty of time to chat and catch up with friends.

Blood Pressure Clinic 11:30 am provided by Natick VNA; sponsored by the Board of Health

June 23 – Garden Party – Denise Barry's home at 1 Fawn Road

Lunch: Please bring a sandwich & a chair; drinks & desserts provided.

June 30 – Garden Party – Nora Lynch Smith - 114 Woodland Street

Lunch: Please bring a sandwich & a chair; drinks & desserts provided.

Thank you to Roche Bros. and BJ's for their baked goods donation!

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

Breakfast

WITH THE SELECTMAN!

Friday, June 3

**What: Breakfast
with Selectman Yon**

Time: 8:30 a.m.

Place: BOS Mtg. Room

Who: All residents

Come welcome our Selectman Chuck Yon. Share your concerns, ask about his vision for the future of Sherborn. Come hungry, we'll have coffee and a light breakfast. Last session til fall.

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**Postal Patron
Sherborn, MA**

SHERBMEN...Wise Guys...Old Boys...??
A NEW and different program for men

This summer we are rolling out a different type of men's club. We've changed the time, kept the food and made it more participant-driven. It's open to *all* senior men in Sherborn. But here's the thing....we haven't found a name that seems to "fit". So we'll leave it up to the group as to what THEY want to call themselves. Here's a quick overview:

When: Monday, June 20 at 11:30

Where: Woodhaven Community Center

What: Lunch and conversation with an occasional guest speaker to provide a topic for discussion

Chi Gong is going to be available for those who want to stretch their muscles as well as their minds...and will provide a great way to re-energize at the end of program.

Watch for more details in the *HomeTown Weekly* and *DS Press* later this month.

Do you like gardens?

Enjoy catching up with your neighbors?

The COA's summer garden parties may be just the answer for you! Nearly every Thursday we head to the beautiful gardens of Sherborn and are greeted by some of the town's most gracious hostesses. This year, look for our new "Garden Party" signs to let you know you've arrived. Bring a friend, your lunch and a chair!

