



Sherborn LINK

MAY 2016

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SHERBORN WALKS! WON'T YOU?

Come walk with us! Meet new friends, see new places and enjoy the physical benefits of a brisk walk. In fact, a recent study suggests that walking for just 20 minutes a day has a significant positive impact on a person's health.



The Sherborn Council on Aging has received grant funding to continue its walking program. Previously we have ventured to Blackstone Valley and walked the canal, walked the Mt Auburn Cemetery, Concord, Danforth Museum Sculpture Park, MIT

in Cambridge as well as returned to local favorite walks: Rocky Narrows and Barber Reservation in Sherborn, Noanet Woodlands in Dover and railtrails in Holliston, Milford, and Cochituate. Some of the highlights for Spring and Summer walks include the Arnold Arboretum, the Freedom Trail in Boston, Garden in the Woods in Framingham and the National Minuteman Park with Militia Reenactment.

Sign up for the walking program and you will receive a FREE water bottle, monthly list of walks and the chance to win a FITBIT. Every time you walk with us this Spring and Summer, your name will be



entered in a lottery to win a FITBIT. Bring a friend and get an extra ticket for the drawing! Drawing will be held September 8 at Drop-In Lunch.

Contact Laila Vehvilainen for more information: 508-651-7858, or e-mail: coaprogram@sherbornma.org. Our Walking Club is funded through a Title III grant from Baypath Elder Services.



"SPOTLIGHT

Come see the Oscar's pick for Best Picture !

This movie covers the Boston Globe reporters who broke the story about the scandal that shook the Catholic Church to its core. .

Sunday, May 22 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 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

SOS invites you to a Candidates Night
 Monday, May 2, 2016 at 7:30 PM at Town Hall

Meet and Celebrate Our Neighbors who Volunteer to Serve Our Community

All candidates for elected positions in Sherborn's Town Government will have an opportunity to introduce themselves.

There are contested races for two important Town Boards.



Candidates for Sherborn School Committee will discuss how to maintain the quality of Pine Hill Elementary education. There are three candidates for two available seats.



Hear an exchange of views between the two candidates for the single available seat on the Board of Health.

Hear from each candidate, their views of issues and their goals. Be an informed voter on Town election day, Tuesday May 10th.

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's Notable Elders

Anne Robb

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

Anyone who saw the tiny pictures drawn by four-year old Anne Bell might have predicted that creativity and artistry would be essential elements of her life, and the prediction would have been true. Creative expression has spilled out in a succession of different artistic forms throughout her life.

Anne was raised in Darien, CT and attended The Master's School and Smith College, but the most critical part of her education came when she worked under the watchful eye of Edwin Land to record images in an experimental Polaroid color process called "Red and White." Her job was to photograph paintings at the Gardner and Fogg Museums that would be used to illustrate the theory. It was a rich experience that gave her a giant push along what was to be her artistic lifeline.

Anne was living in Boston at that time and met Walter Robb at a Bachelor's and Spinster's party. Bachelor Walter and Spinster Anne soon became a married couple and sons Peter, Lanse and John arrived in succession to join two stepchildren Rachael and Walter. Squeezed for space, the family moved to Beverly Farms and then on to several other locations necessitated by Walter's work, but by 1973 they had settled, this time permanently, into a comfortable farmhouse in Sherborn.

Busy as she was with family matters, Anne continued to work from home on projects that intrigued her. She put together a show titled "Track Works," an assemblage of objects found along the Sherborn rail line, which was shown at the Institute of Contemporary Art (Boston) and at Smith College Alumnae House. Another assemblage, this time of beach gleanings, was shown at Bloomingdales.

Anne began her painting phase working from her car creating tiny images of houses and buildings that she found beautiful or interesting. For the Holliston Tercentennial she painted some of the town's exceptional houses and then went on to portray historic buildings in Boston and mounted the show "Red Brick Boston" at the Boston Atheneum and at the Atlantic Monthly Headquarters. Sources of inspiration were endless; she travelled to Colonial Williamsburg, Monticello, and historic Deerfield to paint and then publish her work. House museums across the country were to follow.

In 1979 Anne established her own business, Kedron Design, and under that umbrella designed cards, tablemats, textiles, pillows, jewelry, china and hooked rugs. The latter are small (2' x 3') artworks with every nuance of color worked out in minute detail so that the finished works are like paintings. Her designs were hand-hooked into nearly 4000 rugs by Chinese craftspeople and sold here in fine shops and on line under the Kedron name.

Anne's current passion is writing children's books using her camera, the computer and a newly discovered talent—storytelling. Her books, with pictures on every page, record the adventures of a doll called Meribelle. The illustrations are photos staged and snapped by Anne using abundant props garnered from everywhere and stashed in her shed/workshop at the back of her house.

Anne is happy to be able to work at home with Walter and to welcome their big family back to the Sherborn farmhouse for family events. All the children have a creative side that seems to translate into their own diverse enterprises. This spring Anne and Walter will mount a joint exhibit of their recent work at the Flora Gallery of Elm Bank.

Ann Bekebrede

Lifetime Learning

Final class of the Spring semester ...limited space available

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. For details, call the COA at 508-651-7858.



Stress Management



Coping with the stress in our lives and building resiliency is a focus of the Mayo Clinic. Doctors there emphasize that good emotional health give you confidence to handle stress and helps you become more resilient. It includes a balanced outlook on life, a healthy self-esteem and sense of self. Everyday habits help build coping skills: good nutrition, regular physical activity, enjoyable leisure time activities and good quality regular sleep.

Solid social support is an important component; you help others and let others help you. Share your feelings with people you care about. According to the Mayo Clinic, spirituality, no matter how you practice it, helps you be more grateful and gives you a sense of meaning and purpose. It also helps you become more compassionate, forgiving, and accepting of yourself and others. So if you are having a challenging day, take a few deep breaths, and vow to move ahead positively. Maybe you can think of a way you can help someone who might also be experiencing stress.

Walking Club

Spring has arrived...and we are now walking every Monday! Our May walks are:

May 2- Greenways Conservation in Wayland- Comprising 166 acres of unspoiled woods, fields and wetlands, including 1/2 mile of shoreline of the Sudbury River, this area possesses biological, and cultural resources of local and regional significance. Walk followed by lunch at Dudley Chateau. Please bring money for lunch. Car pool leaves Sherborn Town Hall at 9:35 a.m.

May 9 Elm Bank Reservation in Wellesley- Nice walk along the Charles River and in the gardens. Car pool leaves Sherborn Town Hall at 9:35 a.m.

May 16- Arnold Arboretum in Jamaica Plain- Established in 1872 and planned and designed in collaboration with Frederick Law Olmsted, the Arnold Arboretum is a National Historic Landmark. This living collection of trees, shrubs, and woody vines is recognized as one of the most comprehensive and best documented of its kind in the world. Van will leave Sherborn Town Hall at 9:30 a.m. Suggested donation for transportation: \$5.00. You must call to reserve a spot on the van no later than by May 10

May 23- Ashland Reservoir- Enjoy scenic water views and Spring foliage at the Ashland Reservoir. The easy/moderate walk will be around the reservoir. The walk will begin from the Spring Street boat ramp area. There is plenty of parking. Here is the Google link with map and directions- <http://google/maps/EbA2y>. Car pool will leave Sherborn Town Hall at 9:35 am.

SPRINGTIME TRAVELS

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. Tour cost: \$30

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.

Tuesday, August 2—Maine Cruise and LL Bean in Freeport, Maine. It's a full day on the road for a two hour cruise of Casco Bay with lunch on Bailey Island. Then its off to Freeport with time to shop the outlets, including LLBean. Cost: \$95/pp.

September 19-21—Montreal Excursion
See the website 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, May 9**
- **Monday, June 13**

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

MAY 2016

If you volunteer for the COA, we hope you will join us on Thursday, May 19 for lunch at the Community Center as we salute all who serve our seniors. (see page 8 for details)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	6 1:30 Music with Jack Craig 7 p.m. Party Bridge
8 Mother's Day 	9 10 a.m. Walk	10 9:15 a.m. Exercise St. Theresa	11 9:30 FENWAY Park Trip 10 a.m. Yoga Woodhaven	12 9:15 Exercise Noon— Drop In Lunch	13 1:30 Music with Jack Craig Woodhaven
15 FINEST HOUR Special event (see page 8)	16 10 a.m. Walk 3 pm Techno Help@Woodhaven	17 9:15 a.m. Exercise St. Theresa	18 10 a.m. Yoga Woodhaven	19 9:15 Exercise 	20
22  Pizza & a Movie 12:30 Woodhaven	23 10 a.m. Walk	24 9:15 a.m. Exercise St. Theresa	25 10 a.m. Yoga Woodhaven	26 9:15 Exercise Noon— Lunch @ Pilgrim Church	27
29	30 	31 9:15 a.m. Exercise St. Theresa			



May 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!

May 5 – Come Celebrate Cinco De Mayo with us and the very popular Johnny Cash!

"Johnny" Cash was an American singer-songwriter, guitarist, actor, and author, who was widely considered one of the most influential musicians of the 20th century. Although primarily remembered as a country music icon, his genre-spanning songs and sound embraced rock and roll, rockabilly, blues, folk, and gospel.

Lunch: Join us for a delicious BBQ

Entertainment and Lunch provided by Mary Ann Morse Healthcare Center, Natick

Offering specialized rehabilitation and senior nursing care services to the Metrowest

May 12 – Let the Musicmakers Entertain you! Have them sing away

April showers to make way for May flowers! Enjoy their beautiful harmonies and uplifting renditions of favorite spring melodies!

Lunch: Generously provided by Evelyn & Peter Liffiton

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

May 19 – Our Volunteer Luncheon held at the Sherborn Community Center.

If you have delivered Sherborn Home Meals, folded the LINK, taken a senior to a medical appointment, cooked a meal for our Drop In Luncheon or helped with programming or in the COA office, please come so we can thank and celebrate YOU! We couldn't do the jobs we do without the help of our volunteers! Please RSVP so we can plan our food!

Call the COA at 508 651 7858.

Entertainment: The Dover Sherborn High School Jazz Band

May 26 – BINGO and plenty of time to socialize and talk about your summer plans!

Lunch: Generously provided by Sarah O'Connell and Ani Gigarjian

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



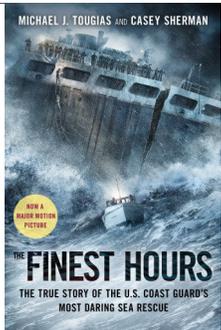
Thursday, May 19

Volunteers make the COA a stronger, more vibrant organization. They provide the “extra hands” we need to deliver meals to home-bound seniors, take seniors to appointments, do leaf raking or snow shoveling, walk a dog when a senior is recovering from surgery, or just provide a “friendly visit.”

If you are a COA volunteer, we invite you to join us for our “Volunteer Recognition Luncheon” at the Sherborn Community Center at 12:30 on Thursday, May 19. We’ll applaud your commitment to serving Sherborn Seniors and one special Sherbornite will be awarded the coveted Volunteer of the Year! And to cap off the event, we’ll enjoy a special performance by the DSHS musicians!

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The Council on Aging is excited to invite the community to a slide presentation by Author Michael Tougias on his new book *The Finest Hours: The True Story of the U.S. Coast Guard's Most Daring Sea Rescue*. The author will chronicle the Coast Guard's daring

rescue attempt off the coast of Cape Cod after a pair of oil tankers are destroyed during a blizzard in 1952. The book and now Disney movie, is an exciting true life story which is appropriate for students and adults of all ages.

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

Calling all Sherborn Voters!

Ballot questions are a two part process.

First: Town meeting appropriates the money.

Second: Voters say “Yes” or “No” at the election.



May 10, 2016 Town Election Ballot Questions

Question 1. Shall the Town of Sherborn be allowed to exempt from the provisions of proposition two and one-half, so-called, the amounts required to pay for the bond issued in order to purchase an ambulance with related equipment for the fire department?

Question 2. Shall the Town of Sherborn be allowed to exempt from the provisions of proposition two and one-half, so-called, the amounts required to pay for the bond issued in order to purchase a snowfighter/dump truck for Community Maintenance and Development?

Question 3. Shall the Town of Sherborn be allowed to exempt from the provisions of proposition two and one-half, so-called, the amounts required to pay for the bond issued in order to purchase a front end loader for Community and Maintenance Development?

There are no dollar amounts in the questions; the amounts will be voted by the 2016 Annual Town Meeting.

Tuesday, April 26th: Come to Town Meeting and vote.

Tuesday, May 10th: Come to Town Election and vote!

Your Town Clerk, Carole Marple