

Sherborn Link

July/August 2011



SHERBORN COUNCIL ON AGING
 19 WASHINGTON STREET • SHERBORN, MA 01770
 508-651-7858
 COA@SHERBORNMA.ORG

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Sherborn Link Newsletter

The COA office welcomes community news and is always looking for suggestions and information to put in our newsletter. The deadline for information is the 7th of every month. You can submit information to the COA office directly or send it by e-mail to coa@sherbornma.org

It's Summertime... Finally!



If you are spending some or all of your vacation in town, there are plenty of things to do for free or very little cost. Whether you are a senior—or have a senior who is visiting you for part of the summer—plan to attend some (or all!) of our special summer activities: the July 7th BBQ, garden parties/picnics or come along with us for a day trip! Check pages 6 & 7 to see the beautiful places where Drop-In lunch will be served during July and August; page 8 has the travel details.

Take a day trip every Friday and see a museum for FREE! See page 8 for a complete listing of the Highland Street Foundation "Free Fun Fridays 2011". Relax at Farm Pond—every resident age 60 or older can go for free (with a Farm Pond sticker from the Selectmen's office). Keep active! Attend one of the COA's "health-promoting" programs:

- Exercise with Linda provides gentle exercises designed just for you to strengthen your muscles and improve your balance. Come join us on Tuesdays and Thursdays from 9:15 to 10:30 a.m. in air conditioned St. Theresa Church.
- Polarity Yoga promotes good health by alleviating tension through simple stretching exercises. The class is held in the Community Room (Building 2—rear) at Woodhaven. Class is on Wednesdays at 10 a.m.
- Gentle Joints Plus at the Longfellow Sports Club in Natick continues on Fridays through July 22. This 8 a.m. water aerobics class combines exercise with movement. You can "pay as you go".

While you vacation, the COA is working. So whether you need medical equipment, a home-delivered meal, transportation services, or just have a question, give us a call at 508-651-7858. We're happy to help seniors, adult children who care for seniors, or a neighbor who has a concern. Your call will be handled confidentially. Drop by the office to see what we're up to and most of all, enjoy your summer!

Sherborn Council on Aging
 Director: Karen Wellerson Juhl
 Drop-In Director: Laila Vehvilainen
 Elder Care Advocate: Linda Bellefeuille
 Volunteer Coordinator: Ani Gigarjian
 Tel: 651-7858 Fax: 651-7871
 Hours: Monday, Thursday, Friday 8:00-4:00
 Tuesday & Wednesday: 8:00-12:00 noon

Comprehensive services on behalf of older people

- Information and Referral
- Outreach and Advocacy
- Crisis Intervention
- SURELINE Daily Check-In
- Transportation (653-4500)
- SHINE (health benefits counseling)
- Educational and Cultural Opportunities
- Fitness and Exercise • Nutrition
- Trips and Classes
- Volunteer Opportunities

Sherborn Council on Aging Board

- George Shea, Chairperson
- Sheila Bresnehan Vice Chairperson
- Ann Bekebrede, Secretary
- D. Paul Leitch, Treasurer
- Board Members
- Doug Brodie • Phyllis Braun • Jean Rosseau • Ruth Stewart
- Chris Winterfeldt
- Associate Members
- Shelley Cantor • Sonia Goldsmith • Ruth Johnson • Edna Roth
- David Sortor • Ingela Svensson • Martin Waters

File for Tax Aid

AUGUST 1 to 31

Residents have been very generous in donating to Sherborn's Tax Aid Fund. The Tax Aid Committee looks forward to being able to help senior taxpayers with their fiscal year 2012 tax bill.

Applicants must own and occupy their present property on January 1, 2011 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 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 will generally be considered. Applicants who have income or assets that exceed but are close to these guidelines are nevertheless encouraged to apply. All information provided shall remain confidential with the Tax Aid Committee.

Applications are available in the Sherborn Assessor's Office on Monday, August 1, 2011 and must be filed with that office by noon on Wednesday, August 31, 2011.

Yvonne Remillard in the Assessor's Office is available to answer questions about the application.

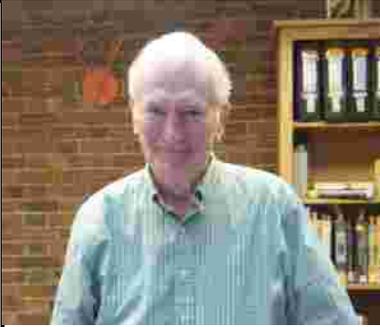
Your Tax Aid Committee members are here to help you with your application. Please feel free to call any one of us.

Doug Brodie (508) 655-6232
 Helen Cuddy (508) 653-2999
 Pete Hoagland (508) 653-1805
 Jean Rosseau (508) 655-1865

Sherborn Senior Transportation Service

JK Transportation Service: 508-653-4500

- Hours of service: 6:30 a.m. to 5:00 p.m.
- Cost of Local Rides (each way):
 Sherborn: 1 ticket
 Ashland/Dover/Natick/Framingham/Medfield: 2 tickets
 Weston/Wellesley: 3 tickets
 Newton/Needham/Milford: 4 tickets
- Ticket price: Each ticket costs \$3:00. A 10-ticket punch card can be purchased for \$30.00 from the COA by mail, or in person at the COA office at 19 Washington St.
- Cost of Medical Rides to Boston:
 One Way - \$20.00 Round Trip - \$40.00
 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.
 Questions?? Call the COA Office: 508-651-7858



One of

Sherborn's Notable Elders

Howard Fisher

Even though you might not know his name, chances are that you have noticed Howard Fisher in some of his usual haunts: walking his dog Tommy along Main Street, working behind the front desk at the Library, or appearing as a citizen at Board of Selectmen meetings. You would recognize him by his tall, straight frame (6 feet, 5 and 3/8 inches in his youth), his white hair and quiet, unassuming manner. You might ask, "Did he play basketball?" And of course, the answer is "yes."

Howard and his wife Dixie have been residents of Sherborn since 1969 shortly after Howard came to Boston to take a position at the Gillette Company, a position he held for 20 years. The Fishers raised their family of three daughters, Alison, Kristina and Leila, in their home on Harrington Ridge Road and when the time came to downsize, they designed a perfect house for the empty-nest portion of their lives and built it in the apple orchard between Eliot and Butler Streets. Kristina and Andy Grace had previously built a house on Butler Street. As luck would have it, enough space was available in the orchard so that Leila and Jim Dillon could also build a home there and raise their families close to cousins and grandparents. The situation was ideal for Howard whose life has always revolved around family. Being close to his five grandchildren, three boys and two girls, he can watch them grow day by day. Each of the five is separated in age by one year from a cousin or sibling so Howard has a virtual laboratory in which to study child development, and he often has the opportunity while babysitting!

Howard was born in a small Pennsylvania town into a family with two sisters and one brother. He went to Amherst College and majored in English Literature and of course he played basketball. With Russia looming large in the world he also took a course at U Mass in Russian, an initiative that proved decisive when he was called up for military service in the army and was assigned to duty as an analytic aide in cryptanalysis (code breaking). His commander also called upon him to play basketball, which was tough duty but he handled it well!

When he was discharged in 1954, Howard began a career working at an agency in NYC where after a time he met Dixie Caddell and a workplace romance began. The two married on the day when a football game between Notre Dame and Michigan State resulted in a storied tie, and Howard jokes that for that reason their wedding date will always be remembered.

After retirement in 1986 Howard volunteered at the Sherborn Library and was able to put some of the computer skills he had developed at Gillette to work doing spreadsheets at home. Later he helped with the enormous task of entering all of the books into the computer, and when Stella Empy retired, he became a part-time staff member.

Away from the job, Howard keeps up with local sports, particularly soccer, lacrosse and basketball. He also keeps informed about what's going on in Sherborn and often attends Selectmen's meetings especially when he has an opinion to voice. He was particularly involved in issues concerning the planning and building of the CM&D garage on Butler Street across the way from his own home and in close proximity to the homes of his daughters. In the most civilized manner he advocated for changes in design and placement that would ensure that the new garage and the activities that go on there would have as low an impact as possible on the serenity and beauty not only of his local neighborhood but of the town as a whole.

Howard and Dixie have settled into a quiet life in which community, home, children and satisfying work provide all that is needed for happiness.

Anne Bekebrede

Are you in the Donut Hole?

The Affordable Care Act lowers the cost of your Medicare prescription drug coverage (Part D), if you reach the coverage gap (donut hole). This year, you will no longer have to pay full price in the donut hole. You will automatically receive a 50% discount on brand-name prescription drugs covered by your Part D plan. For generic drugs covered by your plan, Medicare will pay 7% of the price and you will pay the remaining 93%. These discounts apply whether you buy your drugs at a pharmacy or order them through the mail. What you pay for both brand-name and generic drugs in the donut hole will decrease each year until it reaches 25% in 2020.

If you have already reached the donut hole, you should already be receiving these discounts. In the Donut Hole, you should not be paying full price for your drugs! If you are, you need a SHINE appointment.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the COA at 508-651-7858 and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Reminder: New dates for Medicare Open Enrollment

October 15 – December 7

Controlling Your Blood Pressure

High blood pressure is a killer, more potent than smoking, obesity or diabetes, and unfortunately it does not always warn of its presence with symptoms that are easily recognizable. That's why it's important to have periodic screenings to determine those two numbers that measure the pressure of your blood in millimeter of mercury (mmHg): the upper number (systolic measure) and the lower number (diastolic measure). A healthy measurement is 120 mmHg over 80 mmHg.

Blood pressure is generated by the action of the heart pumping blood through arteries that must be flexible to withstand the pressure. Unfortunately some conditions, including aging, can make the arteries less supple and cause the heart to weaken because it must work harder. The result can be increased risk of heart failure as well as heart attacks, strokes and kidney damage.

Lifestyle can make a big difference. Here are some simple guidelines to help keep your numbers in a safe range (under these maximums: 140/90, upper/lower):

- Lower saturated and total fat in your diet and include lots of vegetables, fruits and grains.
- Most days include at least 30 minutes of aerobic activities in your regimen.
- Watch the use of salt—maximum about a teaspoon a day.
- Drink moderately, if at all—two drinks a day for men; one for women and lower-weight men.
- Lose weight, if necessary: aim for a body mass index under 25.

No smoking, of course!

If changes in lifestyle alone are insufficient to lower your blood pressure to acceptable levels, a variety of types of medications are available through your doctor. Have him/her explain the benefits and downsides of each type.

SUMMER 2011

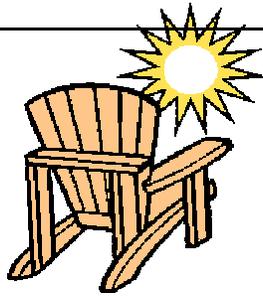
It's Garden Party season!!

Check pages 6 & 7 to see where we'll be off to for Drop-In Lunch. Remember to bring a sandwich, a chair & a friend. It's a great way to spend a summer afternoon!



Mon	Tue	Wed	Thu	Fri
Lunch with COA Woodhaven 12:30 p.m.	9:15-10:30 a.m. Exercise w/Linda	10:00 a.m. Polarity Yoga 1:00-3:00 p.m. Whichcrafters	9:15-10:30 a.m. Exercise w/Linda 12:00 p.m. - Drop-In Lunch	
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Lunch with COA Woodhaven 12:30 p.m.	9:15-10:30 a.m. Exercise w/ Linda August 23 ONLY 9:30 a.m.— COA Board Mtg.	10:00 a.m. Polarity Yoga 1:00-3:00 p.m. Whichcrafters	9:15-10:30 a.m. Exercise w/ Linda 12:00 p.m. - Drop-In Lunch	
	<u>St. Theresa Church</u> <i>Exercise</i>	<u>Woodhaven Community Room</u> <i>Yoga</i> <i>Whichcrafters</i>	<u>Pilgrim Church</u> <i>Drop-In Lunch</i> Check pages 6 & 7 for the location of the garden parties and summer fun!	

JULY DROP – IN CALENDAR



Summertime means a change of pace for Drop-In!

During the summer, we will have garden parties (as weather permits) at some of the loveliest homes in Sherborn. Please read the schedule carefully and make a reservation to join us by calling the COA at 508-651-7858. Suggested donation for Pilgrim Church Drop-In is \$2.00.

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|---------|---|---|
| July 7 | <p>July 4th Celebration Barbeque at Woodhaven.
Please RSVP to COA office. Suggested donation for spe</p> | 3 |
| July 14 | <p>Garden Party- Andrea Parham's home-6 Peckham Hill Road
Bring sandwich and a chair. Salad, drinks and dessert will be provided.</p> | |
| July 21 | <p>Arm Chair Traveler Lecture: China Revisited
Paul Leitch, COA board member, will be showing and discussing the highlights of his recent trip to China.
Blood pressure clinic at 11.30 a.m., provided by Natick VNA and sponsored by Sherborn Board of Health
Lunch: Sandwich platter, bread/rolls, drinks and dessert</p> | |
| July 28 | <p>Garden Party- Sheila Bresnehan's home- 6 Russett Hill Road
Bring sandwich and a chair. Salad, drinks and dessert will be provided.

Special Thank You to Roche Bros. for their donation of baked goods</p> | |



AUGUST DROP – IN CALENDAR

Drop-In continues at different locations in August: Powisset Farms, Joan Lovell's and Elm Bank (in Wellesley). Please call the office **RSVP**. Only one Thursday Drop-In luncheon will be held at Pilgrim Church. Whether it's a picnic or a luncheon, the start time remains the same: 12 noon.

Please note the change of day for the first drop in in August!

August 5 **FRIDAY- NOTE THE CHANGE IN THE DAY**

Dover Sherborn COA Picnic at Powisset Farms- 37 Powisset Road, Dover, MA
Come and join us for a joint picnic with the Dover Council on Aging at the Powisset's pastoral landscape with its open fields and cluster of farm buildings. The 124-acre Powisset Farm is managed by the Trustees of Reservations as a Community Supported Agriculture program. Bring sandwich and a chair. Salad, desert and drinks will be provided. In case of rain, picnic will be at Pilgrim Church.

August 11 **Garden Party- Joan Lovell's Home- 1 Bridle Path**

Bring sandwich and a chair. Fruit, drinks and dessert will be provided.

August 18 **Brief Health Talk: Preventing and Detecting Skin Cancer**

Summer Bingo

Blood pressure clinic at 11.30 a.m., provided by Natick VNA and sponsored by the Sherborn Board of Health

Lunch: Chef salad, bread/rolls, drinks and dessert

August 25 **End of Summer Picnic at Elm Bank, 900 Washington Street (Rt.16), Wellesley**

~~Join us for picnic at Elm Bank and see Massachusetts Horticultural Society's Gardens. Bring sandwich and a chair. Fruit, drinks and dessert will be provided.~~

Celebrate summer birthdays

Fifth Annual Woodhaven Summer Barbeque

Thursday, July 7

Woodhaven @ 12 noon

Come join the fun! Enjoy grilled food and scrumptious salads and special goodies prepared by our very own COA staff.

Please call the COA at 508-651-7858 to reserve your spot!

Cost: \$3.00

Bring a chair and a friend!



Travel with us this summer!

A number of different local day trips are being considered at this time. Make sure you check the weekly column "News from the Sherborn COA" in *The Dover-Sherborn Press* for details.

• Sunday, August 28—Lake Winnipiesaukee Cruise. Come cruising with us as we head to one of New Hampshire's prettiest lakes. Board the 230 foot M/S Washington and be treated to a boat ride that includes fabulous shoreline views and a bit of history. Enjoy a buffet luncheon on-board. Cost: \$73. Leave Sherborn Town Hall at 8:45 a.m. and return to Sherborn: 6:30 p.m.

A wonderful way to spend a summer day!

Take a pen, find a shady tree and write about your life. Tell us about a funny moment or something that filled you with pride. Share your past with us. You may impact someone's future! Submit your writing to LINK editor c/o the COA.



Free Fun Fridays

Are you itching to get out of town, but the cost of gas and admission makes you hesitate? Thanks to the Highland Street Foundation, admission is FREE on Fridays! Thirty-six museums/cultural venues are opening their doors!

From the well-known Museum of Fine Arts and the Higgins Armory to the less famous Edward Gorey House and the Ecotarium, grab a friend, a grandchild and together explore all that Massachusetts has to offer! If you like outside local favorites like Garden in the Woods and the Arnold Arboretum, or make a day of it and visit the Heritage Museum & Gardens in Sandwich!

Be sure to check the website at www.highlandstreet.org to see what museum is free on what Friday (there is a schedule of venues and "free" dates) or stop by the Council on Aging and check the schedule on the bulletin board opposite the office. You'll find many great ways to spend a day!

Postal Patron
Sherborn, MA

PRE-SORTED
STANDARD
US POSTAGE
PAID
SHERBORN, MA
PERMIT NO. 6