

# Sherborn Link

## June 2011



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

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### John and Ruth Stewart COA Volunteers of the Year

The highlight of the annual Volunteer Luncheon is the awarding of the Volunteer of the Year Award. This year the honor was given to a couple who have worked closely together for years for the benefit of others. They are Ruth and John Stewart. We salute them and thank them for all the many hours they

have given in the service of the seniors of Sherborn. They truly make a difference.

Ruth has served actively on the COA Board for over a decade. She chairs the Nominating Committee, fills in for the Director in her absence from the office and sees to it that everyone enjoys the hospitality of the moment at COA events. John is always in the background backing up Ruth, working unobtrusively at whatever needs to be done—setting tables, washing dishes, putting things back to rights when an event is over. He is a dedicated member of the LINK folding team. He looks for neither thanks nor plaudits.

John has lived in Sherborn for 58 years and has been married to Ruth almost that long. He has served the town through his participation on the Advisory Committee, the Board of Health, the Recycling Committee and the Governmental Structure Study Committee.

This accounting of contributions tells only a small part of the story of how the ethic of giving to others is embedded in the lives of Ruth and John. Our heartfelt thanks go out to a loving couple who share their love abundantly with others.

### 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 at [coa@sherbornma.org](mailto:coa@sherbornma.org)

### **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 p.m.  
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
- Volunteer Opportunities

### **Sherborn Council on Aging Board**

- George Shea, Chairperson
- Sheila Bresnehan, Vice Chairperson
- Ann Bekebrede, Secretary
- D. Paul Leitch, Treasurer

#### ***Board Members***

- Phyllis Braun • Doug Brodie • Ruth Johnson
- Ruth Stewart • Jean Rosseau • Chris Winterfeldt

#### ***Associate Members***

- Nora Barraford • Shelley Cantor
- Edna Roth • David Sortor
- Ingela Svensson • Martin Waters

### **SHERBORN SENIOR TRANSPORTATION**

JFK TRANSPORTATION SVC. 508-653-4500

#### ***Reservations — 48 hours in advance!***

- **Hours of service:** 6:30 a.m. to 6:00 p.m.
- **Cost of Local Rides (each way):**  
Sherborn: **1** ticket  
Ashland/Dover/Natick/Framingham/  
Medfield/Holliston: **2** tickets  
Weston/Wellesley/Milllis: **3** tickets  
Newton/Needham/Milford/Hopkinton: **4**  
**Ticket price:** 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.



### **Medicare Fraud and Abuse**

The Affordable Care Act fights health care fraud, waste, and abuse by providing new tools to prevent and detect fraud, and crack down on individuals who attempt to defraud Medicare. These include increased penalties for criminals, enhanced screening of providers, more coordination between agencies, and expanded efforts to recover overpayments.

Medicare beneficiaries can also play an important role. Here are some important tips for preventing, detecting and reporting fraud and abuse:

- Treat your Medicare and Social Security numbers like a credit card. Never give these numbers to a stranger.
- Remember, Medicare doesn't call or visit to sell you anything.
- Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for any errors.
- If you find errors on your MSN or EOB, contact your provider immediately.
- If you are not satisfied after contacting your provider, report the questionable charges to Medicare: **1-800-633-4227**.
- If you suspect Medicare fraud, contact the Department of Health and Human Services Office of the Inspector General Hotline: **1-800-447-8477**.

Trained SHINE (**S**erving **H**ealth **I**nformation **N**eeds of **E**lders) 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. Sonja Hicks is our SHINE counselor and she can answer your questions over the phone or will meet you at the COA office on Tuesday afternoons for a confidential session.

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.

## Link Readers Speak



### **Moon's Room**

*By Ann Bekebrede*

It seemed like a miracle when Mom bought my sisters and me a small Emerson radio for our attic bedroom. In our household there was only enough money for necessities, but maybe Mom thought a radio *was* a necessity—for her mental health. It moved the three of us willingly out from in front of the living room radio and up to our room.

Whatever the motivation, my sisters and I gladly accepted our good fortune and had the luxury of sprawling on our beds as we listened to all the great radio programs. My favorite was *Lux Radio Theater*—one whole hour of drama on Sunday nights, the highlight of the week. But there were other programs, too, that I would never miss: the *First Nighter*, *The Shadow Knows*, *The Squeaking Door*, comedians Jack Benny and Fibber McGee and Molly and even the local amateur hour. Harmony reigned on the third floor while these programs were in progress.

Not so when *One Man's Family* came on. I disliked Father Barber, the old buzzard in this program who ruled like a minor god over his adoring wife and children. Maybe it was because his family was so idyllic compared to the loud, scrappy group that I lived with, or maybe I was already sensing the injustice of societal patriarchy that I would not be able to articulate until much later.

My opinion of Father Barber was not shared by my sister Rita who, by virtue of age, determined the position of the on-off switch. I had to leave my room to escape him and his family, and my only possible refuge was Moon's room.

Moon was my brother Al's nickname, given to him by his friends. He hated it, but he was a good sport and it stuck because he was a stockily-built young teen and his face was round. Al was lucky (in one way); he was the only boy in a family of six girls, so he had his own room! On days when *One Man's Family* filled the airwaves and Al happened to be out with his friends, I would enter his sanctum with a book to read. Instantly a feeling of quiet serenity came over me even as the medicinal

odor of Absorbine Jr. arose around me. The worn braided rug had apparently absorbed the runoff from many treatments for athletes' foot.

The room had just enough space for a single bed, a chest of drawers and a large rectangular knee-hole desk, the kind often found in living rooms. Shelves for books were built into each side of the desk. The walls of the room were unadorned except for a small crucifix above the head of Moon's bed. A single window looked out onto the street where boys were still throwing balls around in the dimming light. I lowered the shade on the window and pulled the two chains on the lamp that stood on the desk. The lamp was an ancient refugee from someone's parlor topped with a frayed, fringed shade of gold-colored silk. Orange light spread through the room.

I sat down at Al's desk intending to read. I knew that he wouldn't appreciate my messing with his stuff, but I had to examine his partially built balsa-wood airplane model that occupied the center of the desk. I picked up the unfinished plane, a one-seater, single-wing fighter and was surprised at how light and delicate it was. I zoomed it through the air anticipating that the frame would soon be finished and the thin translucent paper, still in an unopened packet, would be glued in place as its skin. It turned out that Moon would spend the World War II years in the army as a mechanic servicing both fighter planes and bombers on the Mariannas Islands.

On the left side of the desk was a crystal radio set that Al had built—a profound mystery to me. I put the headphones on and with a mixture of fear and excitement pressed the probe into the spot where Al had left it on the crystal. The crystal seemed like an ordinary rock and too small to bring sounds to my ears out of thin air. But after a bit of prodding it did! I heard voices discussing building a new school, and after a time learned that they were coming from WHAM in Rochester. Were there other stations that I could "tune in?" I moved the probe from place to place on the crystal, but managed to find only scratchy bits of sound that tended to fade. I gave up in frustration and put the headphones and probe back in exactly the places they had been.

**Link Readers Speak**

I couldn't resist opening the one drawer on Al's desk. I expected the usual school stuff, and it was there along with an autographed baseball, his Boy Scout handbook, jack knife, and his rosary. I wondered how often he used his rosary. Did he kneel down at the side of his bed and pray each night? There was a novelty bank—the kind that prudent parents might give as a Christmas gift in order to make thrifty habits a bit of fun. In this one you put a penny into the mouth of a monkey, pushed a lever and the monkey popped up on a spring and dropped the coin into a slot. I shook the bank and realized that Al had often enjoyed the monkey's act.

Tucked in back of the drawer were some pictures cut from the newspapers. One was of his Boy Scout troop at summer camp lined up in front of their neatly ordered tents. Al was not among them—the camp cost money and Mom would have had to say "no." At the very bottom of the drawer I saw a familiar newspaper page from the rotogravure section of the Sunday Democrat and Chronicle of several weeks ago. I remembered lying on the floor after everyone else had read the paper and examining in detail the story about the suicide of George Eastman, the founder of Kodak, a story that had shocked the city and caused sorrow and dismay. There were formal pictures of him and his family, a picture of him as a child younger than I, one of him as a teenager on horseback. And along with the graphics was the story of the Kodak enterprise which commanded the center of Rochester and supplied jobs for the majority of its inhabitants. Al was to spend his entire adult working career as an engineer at Kodak.

One line of text, writ large on the page, had affected me deeply. It was Eastman's final words: "My work is done. Why wait?" I pondered the enormity of suicide and wondered "Is one's work ever done? Was there nothing else worthwhile to do in life? Does a person have the right to determine whether he will wait or not? Is Mr. Eastman in hell now, as my religion told me he must be even after all the good he had done?" These questions were fresh again in my mind as I put everything back into Moon's drawer and realized that this tragedy had had its effect on him, too.

"Hey, what are you doing in here, little chub?"  
 "Don't call me that! I was just reading," I lied.  
 "Well, you better not have touched anything!"  
 Al sat down on his bed and took off his sweater. He put on the earphones. "Want me to show you something?" Deftly he touched the probe to a spot on the crystal and listened. Then he handed the earphones to me with an air of satisfaction. I put them on.  
 "That music's coming from New York City!"  
 I heard the sound of jazz, a little crackly but distinct. "It's like magic," I said. "How does it work?"  
 "Oh, well," he faltered, "I don't have time to explain it to you. Get out of here, now. I have homework to do."  
 I was dismissed from the sanctum, but at least *One Man's Family* was over.



**A Summer Retreat**

*By Betty Dowse*

When I was young, there was a big maple tree in our side yard. Its spreading branches gave a cool shade in the hot south Jersey summers and made a wonderful place to play. Some of the branches provided a way to climb up into the tree, so we built a tree house by laying a few boards across parallel branches. Perhaps my father helped; he was good at things like that. We gathered rakes and hoes to stretch between other branches from which to hang burlap bags so that no one could see us. We hid up there and watched people go about their business but we quickly came down when the iceman came by. We would cluster around his truck to beg for the chips of cool, refreshing ice that flew off the large block as he cut it to size for the ice box. Then we would go back to our special summer refuge where no one was ever sure whether we were there or not. Years later I drove by the old home and was amazed at how small that maple tree was.



## Life

By James A. Smith

We raised our six kids. Yes, there were problems, but they passed. Two divorces weren't so good, but necessary. The re-marriages are working out okay. It was for the best—both sides.

Now we hear of all these things with our grandchildren—dating, going steady or not, break ups. We meet them all. Problems with college: To go or not? What courses? Pre law? Tuitions? Borrow money? Cars that break down, need new tires, music, bands...

My wife, Tina and I have been through all that before. Somehow we muddled through—kids turned out okay. Somehow, I guess these grandchildren will also. It's like we are reliving all these raising-kids problems over again. We give our advice—do they listen? We don't know.

But what Tina and I have that they will listen to—it's not "words to the wise," it's our life. They see us, see our lives—us old folk. Talk is cheap. We don't need to talk. They witness it, see it. They know how we lived to get where we are. I hope they will follow.

So far they all seem to be responsible kids—serious, ambitious, getting into college, getting good jobs. Tina and I hope we'll be around to see it all.

Several grandchildren had not been real close, but now that they have kids, they seem to want to get close. I think they want their kids to know us older people. Maybe they want them to see the whole cycle—children, parents and grandparents.

Tina and I recognize our own mentors—our moms—hard working serious, responsible people who wanted the best for us. We learned from them how it's done and we hope we passed it on and that it will continue to be passed on.

## Volunteer Corner

- Are you a parent of a high schooler who is looking for service hours or a summer project?
- Are you looking for a way to teach your children the importance of community and helping others?

*Let the Council on Aging help you!*

While a number of organizations slow down the summer The COA is busier than ever and looking for eager, willing helping hands.

Consider hosting a garden party for one of our Drop In summer luncheons with your family/friends; help serve at the COA BBQ; (see details on page 8 for both of these activities) or come up with your own creative activity! Call Ani at the COA for more info.

## ANNUAL MEETING

### FRIENDS OF THE SHERBORN COA



Wednesday, June 8, 2011  
TOWN HALL - Second Floor  
9:15 A.M.

Everyone is invited to attend.

## Three Thoughts While Trying To Sleep, Volume 1, Number 2

By Eugene Hodge

1. What is taking place in the Mid-East now is a clear reflection of what has been in the books for ages: "WHEN CHANGE IS IMPOSSIBLE, REVOLUTION IS INEVITABLE!" Who said it? Toynbee? Santayana? Aristotle? Socrates? It doesn't matter. It's happening. It's true. It's important.
2. In WWII, 1944-5 for me, I was on board a U.S. heavy bomber with nine others operating a newly installed RADA set (MIT origin and where I had worked in 1942-3) to keep us informed on the long mission—over water—12-15 hours duration in the North Pacific Ocean
3. Major General Curtis Lemay Commander of the XXI Bomber Command, 20th Air Force Guam said many words of wisdom."Every soldier thinks something of the MORAL aspects...But all war is immoral and if you let that bother you, YOU'RE NOT A GOOD SOLDIER."

# JUNE 2011

**June** is the start of the COA's Garden Party season! Make sure you read the Drop In Luncheon calendar (page 7) *carefully* so you don't miss out on the fun!

| Sun   | Mon   | Tue   | Wed  | Thu  | Fri |
|---|---|---|--|--|-----|
|   | <u>Woodhaven</u><br>Whichcrafters<br>Shared Sunday<br>Bridge<br>Polarity Yoga | <u>St. Theresa's</u><br>Exercise<br><br><u>Pilgrim Church</u><br>Drop-In lunch  | 1<br>10:00 a.m.<br>Polarity Yoga<br><br>1:00-3:00 p.m.<br>Whichcrafters  | 2<br><br>9:15-10:30 a.m.<br>Exercise w/Linda<br>12:00 noon -<br>Drop-In Lunch          | 3   |
| 5<br>Shared<br>Sunday Meal<br>1:00 p.m.<br>Woodhaven  | 6<br>Lunch with the<br>COA —<br>Woodhaven<br>12:30-1:30 p.m.                  | 7<br>9:15-10:30 a.m.<br>Exercise w/Linda  | 8<br>10:00 a.m.<br>Polarity Yoga<br><br>1:00-3:00 p.m.<br>Whichcrafters  | 9<br>9:15 Exercise w/Linda<br>12:00 noon -<br>Drop-in Lunch<br>12:00 - Drop-In Bridge  | 10  |
| 12  | 13<br>Lunch with the<br>COA —<br>Woodhaven<br>12:30-1:30 p.m.                 | 14<br>9:15-10:30 a.m.<br>Exercise w/Linda                                       | 15<br>10:00 a.m.<br>Polarity Yoga<br><br>1:00-3:00 p.m.<br>Whichcrafters | 16<br>9:15-10:30 a.m.<br>Exercise w/Linda<br><br>12:00 noon -<br>Drop-in Lunch         | 17  |
| 19<br>Shared<br>Sunday Meal<br>1:00 p.m.<br>Woodhaven | 20<br>Lunch with the<br>COA —<br>Woodhaven<br>12:30-1:30 p.m.                 | 21<br>9:15-10:30 a.m.<br>Exercise w/Linda                                       | 22<br>10:00 a.m.<br>Polarity Yoga<br><br>1:00-3:00 p.m.<br>Whichcrafters | 23<br>9:15 Exercise w/Linda<br>12:00 noon -<br>Drop-in Lunch<br>12:00 - Drop-In Bridge | 24  |
| 26  | 27<br>Lunch with the<br>COA —<br>Woodhaven<br>12:30-1:30 p.m.                 | 28<br>9:15-10:30 a.m.<br>Exercise w/Linda<br><br>9:30 a.m. COA<br>Board Meeting | 29<br>10:00 a.m.<br>Polarity Yoga<br><br>1:00-3:00 p.m.<br>Whichcrafters | 30<br>9:15-10:30 a.m.<br>Exercise w/Linda<br><br>12:00 noon -<br>Drop-in Lunch         |     |



## JUNE DROP – IN CALENDAR

Drop-In is held every Thursday at 12:00 noon in Pilgrim Church. Lunch is served from 12:00-12:30 p.m. followed by a presentation or activity. Please call the Council on Aging at 508-651-7858 if you need a ride.

### June 2 **D-Day Remembered**

The Invasion of Normandy commenced on June 6, 1944. Gary Hylander, a professor at Stonehill College, will revisit the events of D-Day and the role of the United States.

**Sponsored by New Pond Village, a retirement community in Walpole.**

**Meal Provider:** Soup by Grace Shepard and salad

### June 9 **Spring Concert by Sherborn Music Makers**

Join us for a wonderful spring concert, featuring our favorite musical group, *Sherborn Music Makers*. Program will include popular and best-liked spring songs.

**Meal provider:** Peter and Evelyn Liffiton

### June 16 **“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, Sandy King and Joan Dunn.** Lunch provided. Please bring chair. ***Please RSVP to the COA.***

**11:30 a.m. Blood Pressure Clinic** by VNA nurse and sponsored by the Sherborn Board of Health.

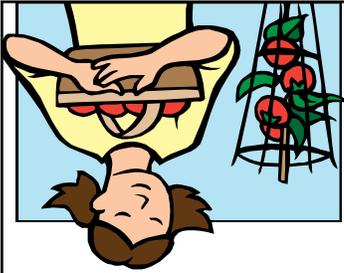
### June 23 **Picnic at the Peace Abbey.** Enjoy the beautiful and serene surroundings of the Abbey’s grounds. Vegetarian lunch provided. Please bring a chair.

***Please RSVP to COA office.***

### June 30 **Bingo & Used Book Swap.** Bring in a used book; pick up one for Summer reading.

**Lunch:** Pizza and salad

***Special Thank You to Roche Bros. for their donation of baked goods.***



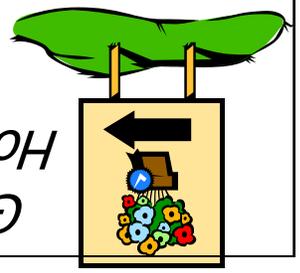
The Council on Aging will happily accept any and all homegrown vegetables or fruit that you can't use. Just drop it by the COA office (basement of Sherborn Town Hall— 19 Washington St.) any week day morning. Your bounty will be distributed to local seniors and enjoyed! Thank you!

Do you like to garden but don't know what to do with all those homegrown vegetables when you are heading out of town? Is your green thumb so prolific that you get pounds of tomatoes from just a single plant? Are your children horrified by the thought of seeing another green bean or beet on the kitchen table? We have a solution for you!

## How Does Your Garden Grow?

**Won't you consider hosting one of our garden parties?** It's EASY!! All you provide is the venue—the COA provides the drinks and desserts and the seniors bring their own sandwiches. It's a fun time for everyone and you'll never meet a nicer group of people! Call Laila at 508-651-7858 for more details or to reserve a date in July or August.

Summertime is a special time at the Council on Aging. Our Drop-In Luncheon program moves from Pilgrim Church outside to the Gardens of Sherborn. Seniors love being outside and it is such a treat to see the horticultural talents of our friends and neighbors.



## Garden Parties: Hostess Needed!

Postal Patron  
Sherborn, MA 01770

Please call the COA at 508-651-7858 to reserve your spot! Cost: \$3.00

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

Woodhaven @ 12 noon

**Thursday, July 7**  
**Woodhaven July 4th Annual Barbeque**



Save the Date!

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

PRE-SORTED  
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