

Sherborn Link

April 2011



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

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Time to Stand Up And Be Counted!



In spring, political activity heats up in

Sherborn. The work of town committees is coming to a head. The Warrant for Town Meeting has taken shape and the Board of Selectmen (BOS) and the Advisory Committee (AC) are considering input from citizens, town boards and committees as they formulate their recommendations for each of the warrant articles. The Town Caucus has already chosen its candidates for town offices including Selectman and the local newspapers are publishing letters to the editor in support of candidates and for and against various actions to be taken at Town Meeting.

It's important for all of us to be part of the process, to know about the issues by attending BOS and AC meetings or watching them on TV. We can read about the important issues in newspapers and flyers, discuss the pros and cons with our neighbors and friends, attend informational sessions and then formulate our opinions based on all the facts. Our opinions are important because we decide the future of Sherborn particularly as it relates to our individual lives as its residents.

Most important we should participate in Town Meeting on April 26 (and April 28) and vote in the election on May 10. If attendance at Town Meeting is impossible, we can watch it on TV. The Town Meeting discussion surrounding votes taken on capital spending items can help us decide whether to vote for or against these items on the ballot on election day.

All over the world, people are demonstrating, often violently, for the right to participate in their own government. We in the United States have that right in our town, our state and at the national level. It is guaranteed by our Constitution. Let's not take this enormous privilege for granted.

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.

Sherborn Council on Aging

Comprehensive services to support seniors

- Information & Referral • SURELINE Daily Check-In
- Outreach & Advocacy • 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 Stewart • Jean Rosseau • Chris Winterfeldt

Associate Members

- Nora Barraford • Shelley Cantor • Sonia Goldsmith
- Ruth Johnson • Edna Roth • David Sortor
- Ingela Svensson • Martin Waters

Sherborn Council on Aging Staff

Director: Karen Wellerson Juhl

Drop-In Director: Laila Vehvilainen

Elder Care Advocate: Linda Bellefeuille

Volunteer Coordinator: Ani Gigarjian

Tel: 651-7858

Hours: Monday, Thursday, Friday 8 a.m. -4 p.m.

Tuesday & Wednesday 8 a.m.- 12:00 noon

SHERBORN SENIOR TRANSPORTATION

JFK TRANSPORTATION SVC.

508-653-4500

Reservations — 48 hours in advance!

- **Hours of service:** 6:30 a.m.— 6:00 p.m.
- **Cost of Local Rides (each way):**
Sherborn: **1** ticket
Ashland/Dover/Natick/Framingham/
Medfield/Holliston: **2** tickets
Weston/Wellesley/Millis: **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.



Friends
of the Sherborn COA

THANK YOU FROM THE FRIENDS

FRIENDS OF THE SHERBORN COA is happy to announce the Honor Roll of Contributors to the 2010-11 Annual Fund Appeal. We are grateful for your growing support which will help the Council on Aging provide some new programs such as the following:

- **Monthly Van Transportation** to near-by shopping malls for those who no longer drive or who may be intimidated by Route 9 and car-jockeying in parking lots. Seniors without cars will be picked up and returned to their homes. Those who still drive will be picked up at Town Hall and returned there. The goal is to provide seniors with access to mall stores once a month for shopping, or for having lunch with a friend or just for a change of scene. All seniors are welcome to take advantage of this free service.
- **A Casual-Social-Recreational Time** is being considered as a twice-monthly program for seniors who would enjoy getting together for an afternoon of activities such as card and board games, sharing with others their hobbies and interests, catching up on handiwork projects, or just having casual conversation with old or new friends while enjoying a cup o' (with dessert). All seniors are invited to participate.

Watch the *Link* for further announcements and scheduling information for these and other programs still in the planning stage. And thanks again for your most appreciated support of FRIENDS OF THE COA!

HONOR ROLL MEMBERSHIP - 2010-11 FRIENDS of the COA

Gift categories: Partner \$100-\$249: Patron \$50-\$99;
Friend \$35

Partner

Robert G. and Catharine Q. Ambos

Wilfred & Ann Bekebrede

Judy Brodtkin

Patricia & Douglas Cassell

Doug & Jenn Collins

Sally & Roger Demler

Raymond N. & Therese Grenier

Eugene Hadge

William Hadge

Partner (continued)

Brent & Serena Hall
 Lisa & Jonathan Hodson-Walker
 Martha D. & Elliot F. Honan
 Deborah Kennedy—In memory of Beverly Bond
 Carol & Peter Kerrissey—in honor of June Cercone
 Lily Lee Levin
 John Freeman & Cathy Neidich—in memory of
 Marilyn Neidich
 Susan Pierce
 Bob Rosenthal
 Peggy Sacuto—in memory of Vin Harper
 William M. 3rd & Jane A. Vaugh
 Dudley & Sally Willis—In honor of Flo Ramsley
 Christina Winterfeldt—in memory of Al Brennan

Patron

Michael B. & Mary Barbara Alexander
 Paula Angell
 George & Maggie Balaschak
 Lesile Barnett—in memory of Gladys Maladowiz
 James & Thurza Campbell
 Henry Cosman
 Helen & Thomas Cuddy
 Bob Delaney
 Paul & Linda DeRensis
 Alexander & Kathleen Foster
 Bruce Freedman
 Stephen & Ann Garzone
 Tish Gogan & Dave Goganian
 Sonia Goldsmith—in memory of George Goldsmith
 Dr. William S. & Mrs. Joanne Goodman
 Alycia & John Davies Goody—in honor of Pat Rockwell
 Kathy Groves
 Susan Gulesian
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 George Hardman
 Donna Harmon
 Geraldine M. & Richard P. Hawn
 Nancy & Frank Hess—in memory of Joseph & Sally Clewes
 Pete & Eileen Hoagland
 Eglis & Natalia Kaktins
 Loraine D. & John E. Marthinsen—in memory of Walter Danielson
 Lou & Panny Nichols

Tom & Elizabeth Orent
 Christopher & Marie A. Owen
 Ms. Katharine Plimpton
 Ted & Audrey Raycroft
 Margaret B. & Dwight R. Robinson
 Rosemary & David L. Sortor
 Lanny Rubgin & Elizabeth Strasser
 Mrs. Katharine Sturgis
 Edward P. Thompson
 Sally Tipton—in honor of Steve Tipton
 Donna Trainor
 Ms. Dorothea Widmayer
 Winnie & Charlie Williams
 Tom & Helene Wirth

Friend

Bob Albertini—in memory of Lawrence Albertini
 Janet Barnet
 Denise Barry—in memory of Joseph & Stephanie Barry
 Catherine Beach
 Kathleen Bernard
 Jack & Doris Caldicott
 Allyn C. & Mark T. Callahan
 Ruth Chamberlain & Dennis J. Philbin
 Marilyn Cross
 Joanne Cunningham
 Mary M. DeBlois
 Marjorie H. Freeman
 James Gorman
 Megan Hall
 Ruth C. & David I. Johnson
 Barbara Keough
 Mike & Nancy Kickham
 Mary King
 Bucky Lane
 Paula & Sheldon L. Levine
 Charlotte E. Ludington
 The Martin Family
 Erik Purins
 Jean Rosseau
 Edna S. Roth
 Dr. Richard I. Sperling
 Ashley & Willis Stinson
 Joseph Szczeblowski
 Faith Tiberio
 Barbara Wands
 Elizabeth Wineberg

Link Readers Speak

A Spock Mother Speaks Out*

By Sayre Sheldon

I am holding a precious, battered paperback in my hands, *Dr. Benjamin Spock's Baby and Child Care*. More than fifty years disappear and I am back in the time when this book went everywhere with me. Its worn, often thumbed-through index had an entry for every question, calming words for every emergency.

I see now where I underlined in the introduction the words that meant the most to me. Under the heading "Trust Yourself" Spock wrote "You know more than you think you do....Don't be afraid to trust your own common sense....It may surprise you to hear that the more people have studied different methods of bringing up children, the more they have come to the conclusion that what good mothers and fathers instinctively feel like doing for their babies is usually best, after all."

That and the next section "Parents Are Human" brought balm to my husband and me even as we hurried to turn to the section that seemed most appropriate for the strange behaviors or symptoms our child was exhibiting. We were confident that he would tell us something sensible we could do without consulting experts or doctors.

Back to the present where a raging debate on today's conflicting views of child rearing has made a Chinese-American mother into an instant media celebrity. Her accusation of laxness and softness in prevailing U.S. child-rearing has brought a storm of angry rebuttals and once again U.S. parents are wondering uneasily if they are doing things wrong. Where is Doctor Spock's "Trust Yourself" when we need it? After all these years don't we know how to bring up children?

An answer comes to me from an even earlier year than my children's infancy. I'm in a college classroom where a renowned Harvard anthropologist poses this question: "America is a nation of immigrants. The first generation's customs are not acceptable to their American-born children who are determined to bring up their children outside of the quaint methods of the Old Country. But who will provide them with the correct methods?" The

answer: "It will be the latest self-proclaimed group of experts—mostly doctors and psychiatrists who will dictate the latest fads for the new parents to follow."

My husband and I had already decided that our parents did everything wrong. Even though they weren't immigrants, we saw them as prisoners of the past, clinging to the iron rules of absolute strictness and rigid schedules. I well remembered my mother's description of standing outside the door to my room, listening to me scream, crying herself but unable to break the four-hour interval for feedings prescribed by her pediatrician. Doctor Spock counseled feeding a baby when the baby was hungry and trusting ourselves to know when that was. We fed our children often, lost a lot of sleep but serenely believed we were doing the right thing. These were the 50s, we were the post WWII generation. We would have large families, and they would of course, be perfect.

It didn't turn out that way. In the 60s as adolescents our children showed behaviors we didn't seem prepared for. Today, Spock's chapter on "puberty development" looks laughably old-fashioned. The charming drawing of a flustered boy awkwardly trying to steer a taller, self-possessed girl around the dance floor had little to do with the new sexual liberation we were dealing with.

By the 70s Spock was being attacked as the founder of "permissiveness" and practically responsible for the all the social upheavals of the 60s. Were we just another generation trying out the latest experimental theories and finding them leading to disaster? Is the "Tiger Mother*" correct that today's parents are hopelessly addicted to the latest vogue of self-esteem which is producing a generation of spineless under-achievers?

Of course not. My grandchildren are fine people as are their parents. All are navigating a complicated, frightening present with its host of new challenges. I can't think of better advice for them than "Trust Yourself" and to ignore most of the conflicting advice that clutters our lives just as it did when I was a bewildered young parent, finding comfort and strength in Doctor Spock's wonderful book.

* Thoughts on *Battle Hymn of the Tiger Mother* by Amy Chua

Final Spring semester Lifetime Learning courses begin in April

There's still time to register for these courses in Lifetime Learning, a COA program supported by the Friends of the COA. Call the COA at 508-651-7858 and enroll today!



All Things Sports

Popular sports columnist Lenny Megliola will give you insights into the Boston sports scene. Opening Day for the Red Sox is nearly here and football season is around the corner! Don't miss the opportunity to talk about talent, trades and whether or not a championship is on the horizon for any of the Boston teams.

Mondays, 10:00-11:30 a.m.; April 4, 11, 18 & May 2 in Town Hall, 2nd floor meeting room. Cost: \$25.

Instructor: Lenny Megliola is an award-winning sports columnist for *The MetroWest Daily News*.

Art and Architecture of the Middle Ages

Come learn about the art of the Middle Ages. This course challenges the idea that the medieval period was "The Dark Ages." A field trip to the MFA will bring the classroom discussions to life as you see examples of this special time.

Fridays, 1:00 – 2:30 p.m., April 22, 29, May 6 and 20 at Town Hall, 2nd floor meeting room; the meeting on May 20 will be at the MFA. Transportation to the MFA will be provided. Cost: \$30

Instructor: Laura Tillery is an Adjunct Instructor at Massachusetts College of Art and Design.



Come travel with us this spring and summer!

Spring is here and it's time to get out and enjoy the sights of New England! The Dover-Sherborn Travel Club has a number of trips planned, plus it is joining forces with the Holliston COA to go a bit further afield!

DAY TRIPS

Friday, April 8 — Trip to the **Museum of Russian Icons**—the largest collection of icons in North America, which spans over six centuries— and lunch at the Oldtymers Restaurant, Clinton, MA. Cost: \$35 (includes museum ticket, lunch & transportation). Town Hall Departure: 9:45 a.m. Return: 3-3:30 p.m.

Thursday, May 12—Paw Sox Fever! Bring your mitt and come join us for an early afternoon ball game. Cost: \$18 (includes ticket & transportation). Depart Town Hall: 10 a.m.; Return: 4 p.m. Limited Availability, call the COA today to reserve your spot. Earlier you call, the better your seat will be!

Thursday, June 30—"Guys & Dolls" and Harts Turkey Farm Luncheon—Join the Holliston Seniors for a fun day in New Hampshire. Enjoy a full-course luncheon and a matinee by the Lakes Region Summer Music Theatre. Cost: \$77. Leave Sherborn Town Hall: 8:45 a.m.; Return to Sherborn: 6:30 p.m.

Sunday, August 28—Lake Winnepesaukee 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 onboard. Cost: \$73. Leave Sherborn Town Hall at 8:45 a.m. and return to Sherborn: 6:30 p.m.

" OVERNIGHTERS" —call Jane Goward 508-429-4000

July 18-20—Red Sox vs. Orioles—\$449/pp. See two Red Sox games in Camden Yard (left field lower box seats), tour Baltimore and visit Philadelphia on the way home. Deposit: \$50.

August 14-15—Saratoga—\$239/pp. Tour Saratoga and Have Oaks Horse Farm, Grandstand seats at the racetrack. Overnight stay at the Holiday Inn in Albany. Deposit: \$50

September 7-15—Trains of the Colorado Rockies—\$2499/pp. See Denver, Rocky Mt. Nat'l Park, Pike's Peak, Grand Junction, Cog Railway, Durango. Includes air, hotel and ground transportation and more!

APRIL 2011

Water aerobics start this month at Longfellow Sports Club in Natick. This type of exercise is gentle on your joints. We can provide transportation if you need a ride. *More info: see page 8.*

| Sun | Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|--|---|
| <p>Woodhaven Whichcrafters Shared Sunday Bridge Polarity Yoga</p> | <p>St. Theresa's Exercise</p> <p>Pilgrim Church Drop-In lunch</p> | <p>Lifetime Learning Selectmen's Meeting Room Town Hall</p> | | | <p>1 7 pm Party Bridge Woodhaven</p> |
| 3 | 4 <i>All Things Sports</i> 10 – 11:30 a.m. <i>Lifetime Learning</i> Lunch w/ COA | 5 9:15-10:30 a.m. Exercise w/Linda | 6 10 a.m.—Yoga 10:30— <i>The New Republic:</i> <i>Lifetime Learning</i> | 7 9:15 Exercise w/Linda 12:00 noon - Drop-in Lunch | 8 |
| 10 Shared Sunday Meal 1:00 p.m. Woodhaven | 11 <i>All Things Sports</i> 10 – 11:30 a.m. <i>Lifetime Learning</i> Lunch w/ COA — 12:30-1:30 p.m. Woodhaven | 12 9:15-10:30 a.m. Exercise w/Linda | 13 10:00 a.m. Polarity Yoga <i>Conversations w/ Maud</i> 1 p.m. <i>Lifetime Learning</i> 1 p.m. Whichcrafters | 14 9:15-a.m. Exercise 10:30 a.m. <i>Middle East</i> <i>Lifetime Learning</i> 12:00 noon - Drop-in Lunch | 15 |
| 17 | 18 <i>All Things Sports</i> 10 – 11:30 a.m. <i>Lifetime Learning</i> Lunch w/ COA — 12:30-1:30 p.m. | 19 9:15-10:30 a.m. Exercise w/Linda | 20 10:00 a.m. Polarity Yoga 1:00-3:00 p.m. Whichcrafters | 21 9:15 Exercise w/Linda 12:00 noon - Drop-in Lunch 12:00 - Drop-In Bridge | 22 <i>Art and Architecture</i> <i>Lifetime Learning</i> 1 p.m. |
| 24 NO SHARED SUNDAY  | 25 Lunch w/ COA — 12:30-1:30 p.m. Woodhaven | 26 9:15 Exercise 9:30 COA Brd Mtg. Trip to Natick Mall TOWN MEETING | 27 10 a.m.—Yoga 10:30— <i>The New Republic:</i> <i>Lifetime Learning</i> 1 p.m. Whichcrafters | 28 9:15 Exercise w/Linda 12:noon— Drop-in Lunch 12:00 - Drop-In Bridge TOWN MEETING | 29 10:30 Water Aerobics 1 p.m. <i>Art & Architecture</i> <i>Lifetime Learning</i> |



APRIL DROP IN CALENDAR

Drop-In is held every Thursday at 12:00 pm in Pilgrim Church. Lunch is served from 12:00-12:30 pm followed by a presentation or activity. Please call the Council on Aging for more information- 508-651-7858.

- April 7 Home Safety Lecture: Home Sweet Home — You Have Options**
 Una Barrett of Positive Living Solutions will discuss various living options, including making the decision to move, then selling your current home, and residential and other community living options. She will also talk about home safety and modifications. Una is a licensed real estate broker in Massachusetts and gerontologist.
Lunch: Soup by Grace Shepard; salads by Panny and Lou Nichols
- April 14 Mini-concert: Sherborn String Ensemble**
 Come hear our own string ensemble perform a variety of tunes- from classical to bluegrass.
Lunch: Shepard’s pie and salad by Kristina Grace and Leila Dillon.
- April 21 Health lecture: “What is Peripheral Neuropathy?”**
 Angelo Balsamo, a physical therapist who specializes in neuropathic pain, will talk about diagnosing and treating peripheral neuropathy in medical conditions such as carpal tunnel syndrome, herniated discs, diabetes and others. Bring your questions!
Blood pressure clinic at 11:30 a.m. provided by Natick VNA and supported by the Sherborn Board of Health.
Lunch: sandwiches provided by Allied Health Services; soup and salad provided by Peter and Evelyn Liffiton
- April 29 Arm Chair Travel Lecture: “Ciao Italia: Travels through Italy”**
 Join us for a visually captivating journey to Italy! Sherborn residents Gary and Catherine Beach traveled to Italy in 2010 and visited the Amalfi Coast, Tuscany, Cinquetera, Venice, Florence and more. Join us for a narrated slide show by Gary.
Birthday Celebration
Lunch: Italian themed lunch by Chris Winterfeldt and Meg Moruzzi

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

Off We Go... for Free!

Looking to get out to the mall, but don't want to drive or look for parking? Come with us! The FRIENDS of the COA are offering FREE monthly trips to the mall. If you are still driving, drive your car to Town Hall and hop aboard the JFK van. If you don't drive, we'll pick you up at your house!

The first trip will be to the Natick Mall on Tuesday, April 26.

Home pick-ups will begin between 9:00 and 9:30 a.m.; departure from Sherborn Town Hall will be at 9:45. You will be home in Sherborn between 1:30- 2:00 p.m. Call the COA at 508-651-7858 to sign up!



A MESSAGE FROM YOUR TOWN CLERK

TOWN CENSUS FORMS were mailed to all households in January. There are still almost 200 outstanding. If you are one of them, please check the form for changes, sign it, and return it today.

ANNUAL TOWN MEETING

TUESDAY, APRIL 26TH, 7 PM,
 Dover-Sherborn High School (Lindquist Commons) continues
THURSDAY, APRIL 28TH, 7 PM
 Dover-Sherborn High School (Lindquist Commons) and may continue
TUESDAY, MAY 3, 7 PM, PINE HILL SCHOOL.

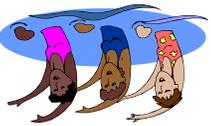
ANNUAL TOWN ELECTION

TUESDAY, MAY 10, 7 AM—8 PM, TOWN HALL



Get into the Swim of things...

Water exercise is an excellent form of exercise for increasing joint mobility and flexibility and for overall cardio health. The Sherborn COA is collaborating with Longfellow Sports Club in Natick to offer a special 6-week exercise class called "Gentle Joints Plus." It will be held every Friday from 10:30-11:30 a.m. from April 29th to June 6th. The cost is \$60. Questions: call Laila at the COA. She is a certified water exercise instructor and will be teaching the class.



Sherborn Historical Society News



Please join us on **Sunday, April 3 at 2 p.m.**—Sherborn Town Hall for an informative talk by Bryan Buckler, Sherborn's own archaeologist. Bryan will talk about archeology techniques and discuss the Bogastow Fort Dig Project—a site on the border of Sherborn. Refreshments will be served.

This September the Sherborn Historical Society will celebrate its 100th anniversary of its "founding". We hope you will consider joining us as we celebrate our past

Postal Patron
 Sherborn, MA 01770

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