



# Sherborn LINK

**FEBRUARY 2013**

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## As a reminder:

If the Sherborn schools are closed due to bad weather, **all** COA programs will be cancelled. The COA also has the discretion to cancel programming if conditions are potentially dangerous. Any questions, call the COA office.

## WINTER IS A BUSY TIME IN SHERBORN!

There is no time like the winter to focus on YOU! Whether your resolution involved becoming healthy, being more active, or just making time to do something for yourself, the COA has lots of opportunities! We have exercise programs on Tuesday, Wednesday and Thursdays to keep you fit (see our Calendar, page 6). Interesting Lifetime Learning programs which will delight, inform and challenge your thinking. Our Lifetime Learning program began in January, but some courses start in February and March.

If you like a good lunch and some interesting/entertaining programs, consider coming to our Drop-In Luncheon programs which are held every Thursday at noon at the Pilgrim Church (25 South Main Street). Lunch is provided by our volunteer culinary masters who provide delicious soups, salads or casseroles. Once a month, the Visiting Nurses Association of Natick comes to provide a blood pressure clinic, thanks to funding by the Sherborn Board of Health.

And for those of you who enjoy young people, there are three special programs to consider this winter/spring:

- ◆ Pizza and a Movie will be hosted the first Sunday of the month this winter (February 3 and March 3) by DSHS students. Time: 12:30 p.m. Place: Woodhaven Community Room.
- ◆ A special Valentine's Music Program for Seniors at Pine Hill School on **Thursday, February 7** at 2 p.m. in the Pine Hill School Auditorium. Cookies and tea will be served by the students after the concert.
- ◆ Gardener's Garden—an intergenerational program that pairs seniors and Pine Hill students as they discover how important "growing" is to our planet and our lives. Kate Taylor, the Director of Pine Hill's afterschool program will be teaching the program. Seniors are invited to work together with students in this enriching experience. Call 508-651-7858 to learn more about the program. It could be the most rewarding thing you do this year!

**Don't sit at home this winter, come out and enjoy all the COA has to offer!**



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

- Sheila Bresnehan, Chairperson
• Sue Peirce, Vice Chairperson
• Doug Brodie, Secretary
• D. Paul Leitch, Treasurer

Board Members

- Phyllis Braun • Karen Lane • Jean Rosseau • George Shea
• Chris Winterfeldt

Associate Members

- Ann Bekebrede • Tricia Caldicott • Shelley Cantor
• Sonia Goldsmith • Ruth Johnson • Deborah Kennedy
• Rafe Lowell • Panny Nichols • Edna Roth • David Sortor
• Ruth Stewart • Ingela Svensson • Martin Waters

COA Staff

- Karen Juhl, Director • Laila Vehvilainen, Program Director
• Linda Bellefeuille, Elder Advocate • Kathy Horigan Dye, 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

FILE FOR TAX AID- FEB. 4-28

Residents have been very generous in donating to Sherborn's Tax Aid Fund. To qualify for aid for the Spring 2013 tax bill, applicants must own and occupy their present property on January 1, 2012 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 will generally be considered 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. Applicants who have income or assets that exceed but are close to these guidelines are still encouraged to apply. All information provided shall remain confidential with the Tax Aid Committee.

Applications are available in the Sherborn Assessor's Office and must be filed with that office by noon on Thursday, Feb. 28.

Yvonne Remillard in the Assessor's Office is available to answer questions about the application. Your Tax Aid Committee members are also available to help:

- ◆ Doug Brodie 655-6232
◆ Helen Cuddy 653-2999
◆ Pete Hoagland 653-1805
◆ Jean Rosseau 655-1865
◆ Rosemary Sortor 655-6392

If you don't hear back from the person you called in a day or two, please contact another member. The person you have contacted may be traveling.

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: 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. These are available by mail or in person at the COA office.

For information, call the COA—508-651-7858.



One of

## *Sherborn's Notable Elders*

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

Holyoke Whitney, known to his friends as Hol was a somewhat indifferent student at St. Mark's, but after graduation in 1951, things changed. The Korean War was underway. Instead of going to college, Hol enlisted in the army and served as an infantry platoon Sergeant in combat with Chinese and North Korean forces.

Discharged from service in 1953, Hol entered Harvard the following year with a more serious attitude toward his education—it was a job that he had to do so that he could move on. After his sophomore year, he married his long-time sweetheart, Joanne Hysom whom he had met when he was at St. Mark's and she at Dana Hall. Joanne landed a job at Harvard so they could commute together, Hol spending the day studying and Joanne providing essential income. In 1958, the same year their daughter Susan was born, Hol completed his undergraduate studies, graduating with additional scholastic credit for one year at the Graduate School of Design. Their son Dick was born two years later. The family moved to their present home in Sherborn in 1964, a house that with modifications over the years has served its owners well as the family grew and needs changed.

Hol established himself in the insurance industry determined to learn the business and strike out on his own with something better, faster, cheaper. In 1971 he founded what was then a new type of company, a corporate third party administrator of Bank Trusted Employee Benefit Plans. As a third party administrator, the company designed, packaged, distributed and managed employee benefit plans for smaller employers on a national basis. Over the next 25 years, a cohort of five officer/stockholders and two employees grew to 800 employees. Eventually the company was acquired by its largest national competitor.

During those productive years, Hol and his family explored the outdoors, creating fond family memories of hiking, mountain climbing, camping, canoeing and kayaking, skiing and sailing. They remember the excitement of discovering an abandoned 45' sailboat hundreds of miles off shore in the Gulf Stream. They boarded the derelict and looked for survivors, then reported the time and position. With family and friends, Hol also navigated the waterways of the interior of the U.S. and the coast of North America and sailed on a 44' sloop transatlantic from Marblehead to Cork, Ireland.

In his mid-60s, not ready for full retirement, the entrepreneurial urge arose in Hol again. He founded Heritage Kayaks and built a factory for their manufacture. Within 10 years 18,000 kayaks per year were being ordered for retail sales in the U.S., the U.K., Europe and Japan, a good position in the industry, but Hol, then in his 70s, was ready to step aside and sold his interest.

Hol also founded a hatchery and salmon farm in Maine, a strong, ongoing operation until price competition from Chili made continuing operations impractical from a profit standpoint. Hol sold the operations and the hatchery portion eventually became the University of Maine Aquaculture Research Center.

Over the years Hol has served on many corporate boards, but the most important post to him personally is as a corporate director of the non-profit Carroll Center for the Blind, a role he filled for 12 years, the final two as President and Chairman of the Board. He remains involved today as a Director Emeritus of the Center.

As "retired" as he ever will be, Hol is greatly enjoying his life with Joanne as their 57<sup>th</sup> wedding anniversary approaches. He has time now to personally direct his financial affairs, develop his interest in sketching and watercolor, and spend time with friends and family, which now includes five grandchildren. He has come to the congenial point of view that he need not feel guilty about leisure!

*Ann Bekebrede*



## Help! My new Part D Plan doesn't cover all my medications!!"

If you have a **new** Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about **transition refills**. Transition refills may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary *OR* that has restrictions (prior authorization or step therapy).

It is important to understand that a transition refill is only a temporary solution. You need to call your doctor right away to talk about switching to a drug your plan does cover *OR* filing a request with your Part D plan for a "formulary exception" (which may or may not be approved).

A transition refill is not for new prescriptions. You can only get one if you were already taking the drug before you signed up for the new plan. Also, a transition refill does NOT apply to drugs that Medicare doesn't require Part D plans to cover.

If you are in the same plan as last year, you **may** still be able to get a transition refill if your plan removed a drug you had been taking in 2012 from its 2013 formulary, for reasons other than safety.

Not all pharmacists know about transition refills. Ask your pharmacist to call your Part D plan for special instructions.

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 Sherborn COA at 508-651-7858 and ask for a SHINE appointment. Sonja Hicks, our SHINE counselor, is available **by appointment only** on Tuesday and Wednesday afternoons.

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 within 2 days. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.



## AARP Tax Assistance

If you need assistance with your taxes and you are age 60 (or older) and have an adjusted gross income of \$60,000 or less you are eligible to have your taxes done for free by AARP tax specialists at the Natick Senior Center.

**Beginning February 4**, you can call the Natick Senior Center at 508-647-6540 for an appointment on:

- ◆ Monday from 1 p.m - 7 p.m,
- ◆ Friday from 9 a.m. - 3 p.m.
- ◆ Every other Saturday 9 - 11 am.



## Lifetime Learning—An opportunity to beat the winter blues

Don't let the winter cold keep you inside. Challenge your gray matter by attending one of the COA's informative and engaging lifetime learning courses. Below you will find courses that will begin in February and run through April. Spaces fill up quickly! To enroll, call the COA at 508-651-7858.

### Shakespeare's Festive Comedy

Two great comedies, "A Midsummer Night's Dream" and "Twelfth Night" will be read and discussed, paying careful attention to what makes these plays come to life on both the page and the stage. See how Shakespeare used his skillful writing to delight the reader and his comedic timing to enchant theatergoers of the past and the present.

**Instructor:** Timothy Peltason is Professor of English at Wellesley College, where he has taught since 1977. Originally trained as a Victorianist, he has also taught and written about Shakespeare for many years.

**When: Wednesdays,** 10:30-noon, February 6, 13, 20 and 27 **Where:** Town Hall, 2<sup>nd</sup> floor meeting room **Cost:** \$35

### Contemporary Political Controversies

The course will cover six major conflicts in American Politics, including: The Future of Medicare and Social Security, Illegal Aliens and Immigration Policy, The Supreme Court and Gay Marriage, Foreign Policy in the Middle East, National Security and Terrorism, Global Warming and Environmental Policy.

**Instructor:** Alan Schechter is a Professor Emeritus at Wellesley College where he taught American Politics and Constitutional Law for 47 years. He is the author of numerous books and has lectured for the State Department.

**When: Mondays,** 10 a.m. March 4, 11, 19, 25, April 1 & 8 **Where:** Town Hall, 2<sup>nd</sup> floor meeting room **Cost:** \$55

### The Vietnam War and American Foreign Policy

The war in Vietnam has been described as the first defeat for the American military. It was a watershed event for American politics, foreign policy, culture and values for the second half of the 20<sup>th</sup> century in much the same way as the Civil War was in the 1860s and the Great Depression in the 1930s.

**Instructor:** Ambassador Burton Levin had a long career in the Foreign Service serving in the Far East as well as U. S. Consul General to Hong Kong & Ambassador to Burma. Now he teaches at Carleton College.

**When: Wednesdays,** 10:30 a.m. March 6, 13, 20 & 27 **Where:** Town Hall, 2<sup>nd</sup> floor meeting room **Cost:** \$35

### Chinese Cooking, Lily's Way

The author of the cookbook *Lily's Way: Scrutable Chinese Cooking* will show how you can cook delicious family dishes using uncomplicated methods. Participants will enjoy great stories and a delicious midday meal of Lily's freshly prepared dishes. There may also be a field trip to the shops in Chinatown.

**Instructor:** Lily Levin has presided over countless parties and receptions as part of her duties as wife of an American Ambassador in the Far East. She will demystify Chinese cookery through her simple method for cooking family meals.

**When: Thursdays,** 10:00 a.m.- 2:00 p.m., Mar. 7, 14, 21 and 28 **Where:** TBA

**Cost for four sessions: \$35 plus \$10 per session for foodstuffs**

### Golden Age of Musicals

Jack Craig is back again to entertain us with his special presentation on the Golden Age of Musicals. Beginning with Cole Porter and Irving Berlin in the 1930s and concluding with Jerome Robbins and Meredith Willson who dazzled Broadway in the 1950s. Join Jack for some interesting historical insights as well as a spell-binding musical performance.

**When: Fridays,** 11 a.m., April 12 & 19 **Where:** Woodhaven Community Room **Cost:** \$25 (\$40 per couple)

### Poetry of T.S. Eliot: What Makes It Great?

T.S. Eliot is arguably the most important English language poet of the 20<sup>th</sup> century. Eliot wrestled with profound and universal issues that confront us regardless of religious affiliation or lack of it. This course will discuss *The Love Song of J. Alfred Prufrock*, *The Waste Land*, and *Four Quartets*. No previous acquaintance with T.S. Eliot is presupposed.

**Instructor:** Edward Selig majored in literature at Yale with emphasis on poetry. Now after a long career in environmental law, he has returned to his first love, poetry.

**When: Tuesdays,** 1:30–3:00 p.m., April 9, 16, 23 and 30 **Where:** Town Hall, 2<sup>nd</sup> floor meeting room **Cost:** \$35

*Lifetime Learning acknowledges with pleasure the important role that the Friends of the Sherborn COA play by providing financial support for the program including making scholarships available to Sherborn residents. Lifetime Learning is open to all Sherborn adults and seniors from surrounding communities.*

# FEBRUARY 2013

**Pizza and a movie starts in February!** Beat the winter doldrums and come out and see a free flick with your friends! February is a busy month with Breakfast with the Selectman, Lifetime Learning, & a special musical program at Pine Hill School.

Sun	Mon	Tue	Wed	Thu	Fri
	<u>Woodhaven Community Room</u> Party Bridge & Drop-In Bridge Pizza & Movie	<u>Town Hall</u> Breakfast with a Selectman Lifetime Learning	<u>St. Theresa's</u> Exercise Yoga <u>Pilgrim Church</u> Drop In Lunch		<b>1</b>  Party Bridge 7 p.m.
<b>3</b> <b>Pizza &amp; Movie</b> 12:30 Woodhaven Comm. Room	<b>4</b> 12:30 Lunch w/ COA @ Woodhaven	<b>5</b> 9 a.m. Exercise w/Lin 1 p.m. iPad Class @ Holliston Sr. Ctr.	<b>6</b> 10 a.m. Polarity Yoga 10:30 Shakespeare 1 p.m. Whichcrafters	<b>7</b> 9:15- Exercise w/Linda 12 noon - Drop-In Lunch 2 p.m. Music Program at Pine Hill School	<b>8</b> Breakfast w/ BOS 8:30 a.m. Circuit Breaker Meeting 10 a.m.
<b>10</b> Shared Sunday Dinner 12:30 <b>Reservations, please!</b>	<b>11</b> 12:30 Lunch w/ COA @ Woodhaven	<b>12</b> 9 a.m. Exercise w/Linda 1 p.m. iPad Class @ Holliston Sr. Ctr.	<b>13</b> 10 a.m. Polarity Yoga 10:30 Shakespeare 1 p.m. Whichcrafters	<b>14</b> 9:15- Exercise w/Linda  12 noon - Drop-In Lunch 1:30 p.m. Drop-In Bridge	<b>15</b>
<b>17</b>	<b>18</b>  <b>President's Day</b> COA office closed	<b>19</b> 9 a.m. Exercise w/Linda 1 p.m. iPad Class @ Holliston Sr. Ctr.	<b>20</b> 10 a.m. Polarity Yoga 10:30 Shakespeare 1 p.m. Whichcrafters	<b>21</b> 9:15- Exercise w/Linda 12 noon - Drop-In Lunch	<b>22</b>
<b>24</b> Shared Sunday 12:30 p.m. <b>Reservations, please!</b>	<b>25</b> 12:30 Lunch w/ COA @ Woodhaven	<b>26</b> 9:15-10:15 a.m. Exercise w/Linda 1 p.m. iPad Class @ Holliston Sr. Ctr.	<b>27</b> 10 a.m. Polarity Yoga 10:30 Shakespeare 1 p.m. Whichcrafters	<b>28</b> 9:15 a.m. Exercise w/Linda 12 noon—Drop-In Lunch 1:30 p.m. Drop In Bridge	<b>Town Hall</b> LL Classes are held in Room 204A on the second floor of Town Hall — <u>unless noted.</u>



## FEBRUARY DROP – IN CALENDAR

Drop-In is held every Thursday at 12:00 p.m. in Pilgrim Church. Lunch is served from noon-12:30 p.m. followed by a presentation or activity. Please call the Council on Aging for more information- 508-651-7858. Suggested donation is \$2.

### February 7 Valentine’s Bingo

**Lunch:** Soup by Nancy Barsamian, coleslaw and rolls.



**Followed by** Valentine's Day Concert for Sherborn COA- 2:00 PM  
*Featuring the Pine Hill Fifth Grade Chorus* at Pine Hill Auditorium  
 Refreshments and Tea to follow in the Pine Hill dining room

### February 14 Valentine’s Day Visit with children from Rocking Horse Preschool

Songs, valentines, and more...

### February 21 Health Lecture: “Understanding Commonly Prescribed Medications”

sponsored by *Right at Home*.

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

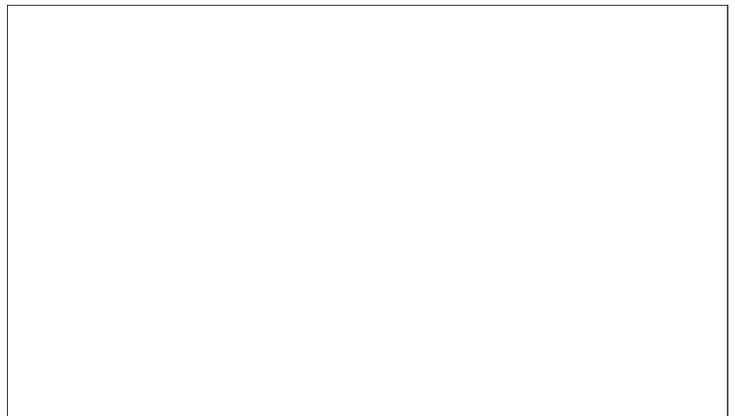
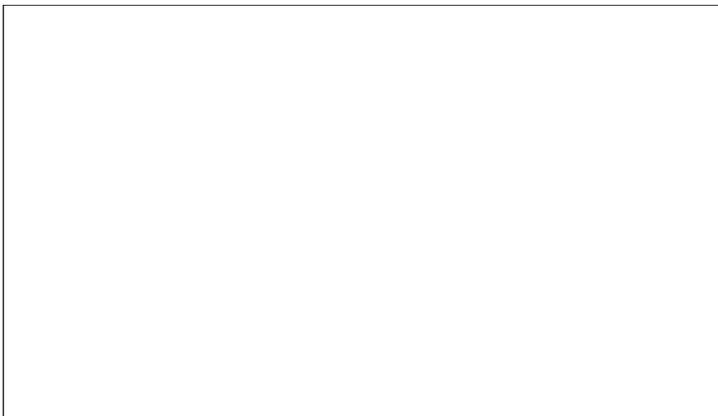
**Lunch:** Evelyn and Peter Liffiton

### February 28 SPECIAL MUSICAL EVENT: “Big Band Tribute”

Musical duo, Lou and Jan Borelli, will perform a musical tribute to the Big Band era. Come and enjoy tunes such as “In the Mood” by Glen Miller, “You Made Me Love You” by Henry James and more.

*A special thank you to **the Friends of the Sherborn COA** for this program.*

**Lunch:** Lasagna and green salad.



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**SAVE THE DATE:  
FRIDAY,  
FEBRUARY 8**



**It's a busy morning!**

- ◆ **Breakfast with Selectman**  
Peter Caruso will begin at **8:30 a.m.** Come join us for breakfast and an interesting dialogue about Sherborn. Bring your questions, we'll bring the coffee and danish!
- ◆ Brian Lynch from the MA Department of Revenue will be on hand at **10 a.m.** to discuss the **Senior Circuit Tax Credit**. This program provides a tax credit to seniors (age 65 and older) who are homeowners. Informational pamphlets are available at the COA if you miss the session.

**Postal Patron  
Sherborn, MA**

**Library Happenings**



The Sherborn Library has lots of programs to keep residents of all ages busy this winter.

- ◆ Learn to play "GO", an ancient Chinese game. It has only five rules but infinite possibilities. Good for children and adults. **Saturday mornings at 10:30.** Call Donna Bryant at 508-653-0770 to reserve your spot.
- ◆ Knitting Group is the **first Wednesday of each month at 10:30 a.m.** Louise Basil teaches beginning knitters or those experienced knitters who are faced with a difficult pattern challenge.
- ◆ Lettering artist C.J. Kennedy will teach the ancient craft of Calligraphy beginning **Wednesday, February 13 from 10 a.m. to 12 p.m.**
- ◆ Sherborn Book Group meets **the third Thursday** of every month at **7 p.m.** To learn what is scheduled for the winter/early spring, contact Donna Bryant at the library 508-653-0770.

For more information or to learn more about what the Library has to offer, visit the website at <http://library.sherbornma.org/>

**Pizza and a  
Movie**

Join us on  
**Sunday, Feb. 3**  
for free pizza and  
a movie!

**Time:** 12:30 p.m.

**Place:**  
Woodhaven  
Community Room

**Reservations  
please! Call  
508-651-7858**

*Movie will be  
announced in the  
DS Press shortly.*