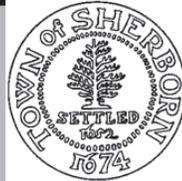




Sherborn LINK

SUMMER 2013

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The Significance of Seniors

Last month, we celebrated the contributions of one very special senior, Dr. David Sortor, who worked tirelessly to make Sherborn a better place to live, raise a family and retire. He is generous and humble. Quite a man!

Sherborn thrives because of people like Dave ...those who are willing to contribute their time, talents, and energy to make Sherborn a stronger, more vital community. **Seniors** have been answering the call to service for years. Nearly every town committee and board has at least one member over the age of 60; most have 2 or 3. (More than 50% of those on Boards are age 60 or older). And Sherborn *benefits* from their input, experience and expertise. Not only do they have an historical knowledge of prior efforts and initiatives (both success and failures) but many are recognized experts in their fields, whether it is law, engineering, medicine, finance, education, human services, or construction-related fields. What a gift to Sherborn that they are willing to share their knowledge and experience so generously! What's more, they are willing to mentor younger residents in the hopes that they will *stay in Sherborn and serve the next generation*.

Seniors are interested in Town Government. Not only do they vote in record numbers, but they are always the majority at Town meeting and while they may not always agree, they do attend and participate. **Seniors** have stepped up to *Save Our Sherborn*—this group works to identify cost savings for the town so Sherborn can weather the increasing financial pressure of the recession.

Seniors are staying in Sherborn and aging in place. By the end of 2013 we will have *four* seniors who are 100 years old. It's a wonderful place to live...**thanks to our Seniors who serve**. So next time you are out and meet a resident who serves the town of Sherborn please take a minute and say "Thank you" ...and let them know **you appreciate and value the contributions they have made!**

HOME SAFETY PROGRAM NOTE:

The grant funding for this program ends in the early fall. IF you are interested and haven't called to request your visit, or simply want more information please call the COA.





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
• Ralph 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 • Nan Vaida, 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, Thursdays & Friday, 8 a.m. – 4 p.m.
Tuesdays and Wednesdays, 8 a.m. to 12 noon
Late afternoon or evenings by appointment

FILE FOR TAX AID- August 1-29

Residents have been very generous in donating to Sherborn's Tax Aid Fund. To qualify for aid for the Fall 2013 tax bill (fiscal 2014), applicants must own and occupy their present property on January 1, 2013 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, August 29.

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
• Medical 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.

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



One of
Sherborn's Notable Elders
Jack Caldicott

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

It was a little like those Hollywood romantic comedies back in the days—a carful of guys on vacation encounters a carful of girls moving in the opposite direction. The cars screech to a halt and the usual flirting ensues. Before long each car becomes coed and Jack Caldicott has claimed the beautiful redhead. That claim later became a lifelong commitment to Doris O'Grady.

Doris and Jack both hailed from NYC. Jack was born and raised there and began his college career taking business courses at CCNY at night, but without much enthusiasm. The Korean War was brewing and Jack joined the Naval Air Reserve. When the draft threatened, he enlisted in the Navy and served for 20 months as an Aviation Electrician. For Jack the experience had two major benefits: He discovered that he was meant to be an electrical engineer, not a businessman, and he qualified for the GI Bill.

After his second year at Polytechnic Institute of Brooklyn, Jack and Doris married and happily began their life together living on a shoestring in a tiny apartment. Doris was a great help; she had a job (!) and could help Jack with his liberal arts courses. Their first son was born eight months before graduation and just before Jack's GI benefits expired. It was a dicey time for the little family, but after graduation, Jack was hired by Sylvania and he stayed with the company until his retirement in 1993. In 1963 he earned his MSEE at Northeastern.

Four more boys joined the Caldicott family; the seams of their three-bedroom ranch in Marlboro were bursting. Doris found the perfect house for them in Sherborn with its great schools and rural character, but they could barely afford it. To lower the investment, they contracted to paint the entire house themselves, an effort they would never regret.

And then they discovered Farm Pond! Those sailboats circling the pond drew them into the Yacht Club where they all participated; every family member learned to sail and took part in the Sunday races and some eventually taught sailing. Jack served as Race Committee Chairman and Commodore. He recalls with pride how on one stormy, rainy Labor Day, he expected no one to show up for the races, but despite the weather, they came and raced and few boats capsized. The cocktail party that evening was especially celebratory. Years later, the Sherborn Yacht Club racers morphed into the Sherborn Golf Club. Jack, still a member, is a past president.

With five athletic boys, all sports were big in the Caldicott household and Jack was there to coach and support. When the hockey program in DSHS was about to be shut down, Jack teamed up with Dave Sortor to fight successfully to save the program. Jack was also active in the D/S Boosters and ran the Sporting Goods Exchange program for several years.

Jack has been “into everything” and has always contributed with energy and enthusiasm. As Treasurer of the COA he computerized the function of that office and helped establish the current senior transportation system. He supported Sherborn Arts organizations and aroused his own artistic genie through crafts and painting. He skied with a Dover/Sherborn ski group and he and Doris took chorus parts in several productions of the Sherborn Players.

But Jack and Doris find their greatest joy in watching their 13 grandchildren grow, and in reliving with them many of the activities they enjoyed with their boys. Family gatherings are relished particularly the lobster fest at Christmas time when the Sherborn house is packed with three generations of Caldicotts and all the love and pride of the two who brought it about. This is how those romantic comedies are presumed to end!

Ann Bekebrede

New Medicare Program for Durable Medical Equipment and Diabetic Testing Supplies

As of July 1, Medicare will have a new program for Durable Medical Equipment. There will also be a new National Mail-Order Program for diabetic testing supplies. If you have **Original Medicare** (not a Medicare Advantage HMO or PPO plan), these changes will apply to you.

Some of the items covered under this new program are:

- ◆ Oxygen and oxygen equipment
- ◆ Standard (power and manual) wheelchairs and scooters
- ◆ Hospital beds
- ◆ Walkers

To find a Durable Medical Equipment or National Mail-Order Program supplier, you can go to www.medicare.gov/supplier or call 1-800-MEDICARE (1-800-633-4227).

If you are renting certain medical equipment or receiving oxygen, you *may* have to switch your supplier. ***Make sure you call Medicare or check the "supplier" list to ensure Medicare will continue to pay for your supplies. If they are not covered, contact a new supplier to avoid any disruption of service!***

To have Medicare pay for **diabetic testing supplies** delivered to your home, you will need to use a Medicare national mail-order supplier. If you don't want to use mail-order, you can go to a local pharmacy or storefront ***that accepts Medicare assignment*** and you will get the same low mail-order cost.



Podiatrist returns on August 28

The foot doctor returns to Sherborn! He can come to your home or you can go to Woodhaven for an "office visit." The cost for a home visit is \$50. A "Woodhaven appointment" is \$30.

For an afternoon appointment on Wednesday, August 28, call the COA at 508-651-7858.

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 ☆  ☆ The COA Office will be ☆
 ☆ closed on **Thursday,** ☆
 ☆ **July 4** to celebrate ☆
 ☆ Independence Day! Happy 4th! ☆
 ☆ ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

SUMMER 2013

Summer is a wonderful time to enjoy a lunch in the garden. **Please check the July & August schedules carefully** so you have the correct address before you head out the door! Bring a sandwich and a chair and join us!

Sun	Mon	Tue	Wed	Thu	Fri
	<u>Woodhaven Community Room</u> Polarity Yoga Party & Drop-in Bridge	<u>Woodhaven (Continued)</u> Pizza & Movie Whichcrafters Podiatrist w appt.	<u>St. Theresa's</u> Exercise w/Linda	<u>Pilgrim Church</u> Drop In Lunch* 3rd Thursday of the month: BP at 11:30, lunch at 12 noon	
	12:30 Lunch w/ COA @ Woodhaven	9:15 a.m. Exercise with Linda	10 a.m. Polarity Yoga 1 p.m. Whichcrafters	9:15 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch 1:30 —Drop-In Bridge	
	12:30 Lunch w/ COA @ Woodhaven	9:15 a.m. Exercise with Linda	10 a.m. Polarity Yoga 1 p.m. Whichcrafters	9:15 a.m.- Exercise with Linda 12 noon - Drop-In Lunch	
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SUMMER DROP – IN CALENDAR

Garden Party and Picnic season is in full swing for Drop-In!

During the summer, we will have garden parties and picnics (as weather permits). Please read the schedule carefully. Only 1 lunch at Pilgrim Church!

- July 4** **NO DROP IN—COA office closed for the July 4th holiday**
- July 11** **COA Summer BBQ at Woodhaven. Come celebrate summer with the COA**
Peter Liffiton, our infamous grill master, returns to make Sherborn’s best burgers & dogs. Call the COA to reserve your spot today. Suggested donation for special event: \$3. *Please carpool with friends who are coming; parking is limited.*
- July 18** **Garden Party—** Lily Levin’s home—18 Page Farm Road
Lunch will be provided. Please RSVP to COA office.
- July 25** **Garden Party—** Chris Cooney’s home— 55 Maple Street
Please RSVP to the COA office as Chris will be providing lunch. Bring a chair.
- August 1** **Garden Party—** Alice Desmond’s home—187 Maple Street Please bring sandwich and chair. Salad, drinks and dessert will be provided.
- August 9** **FRIDAY- NOTE THE CHANGE IN THE DAY**
Dover/Sherborn COA Picnic at Powisset Farms—37 Powisset Road, Dover.
Join us for a joint picnic with the Dover COA at the Farm Bring a sandwich. Farm fresh salads, desert and drinks will be provided.
- August 15** **The Mystery of the Faberge Egg Revealed –** Faberge, a jeweler and goldsmith, crafted a jeweled eggs for Czar Alexander III. We’ll view the DVD “The Czar’s Faberge Eggs and view Faberge-like eggs made by a local artist.
Lunch: Russian chef salad, bread/rolls, drinks and dessert
- August 22** **WEDNESDAY-NOTE CHANGE IN THE DAY**
Sherborn COA Picnic at Silverwood Farms and Farm Tour-
Our picnic at Silverwood Organic Farm another summer highlight! Bring a sandwich. Farm fresh salads, desert and drinks will be provided.
- August 29** **End of Summer Garden Party-** Denise Barry’s home– 1 Fawn Rd. Please RSVP to the COA office as Denise will be providing lunch. Bring a folding chair.





Exercise continues in the Summer!

If you are going to be in town this summer and you want to meet some new friends, consider joining one of the COA

exercise programs:

- ◆ *Exercise with Linda* is a low impact aerobic program that can be done in a chair if preferred.

Time: 9:15 a.m.

Place: St. Theresa's Church 35 S. Main Street

- ◆ *Polarity Yoga* is a program designed to improve balance and reduce stress.

Time: 10 a.m.

Place: Woodhaven Community Room
2 Village Way

Both these classes are held in Sherborn and a \$3 donation is appreciated.

Or try something new for the summer!

- ◆ **COA Walking Club**—for details call the COA
- ◆ **Water Exercise** increases joint mobility, flexibility and cardio health. **Two classes** are offered at Longfellow Sports Club (Natick) outdoor pool:

- ◆ *Gentle Joints Plus Core* begins on Wed, July 11 at 7:55 a.m. for strength, cardio and core.
- ◆ *Swingin' in the Shallow* begins on Friday, July 13 at 7:55 a.m. Get in shape to the best tunes of the '40s, 50s and 60s.

The cost for this 6-week sessions is \$60. To register/information call Laila @ COA 508-651-7858.

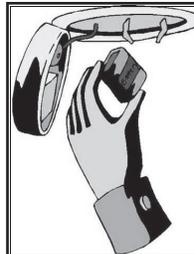
- ◆ **Chi Gong...** focuses on aligning breath, movement, and awareness for exercise & healing.
- ◆ **In Holliston on Tuesdays at 1:30 p.m. (150 Goulding Street in Holliston)**



Come Celebrate Bess Rowell's 100th birthday!

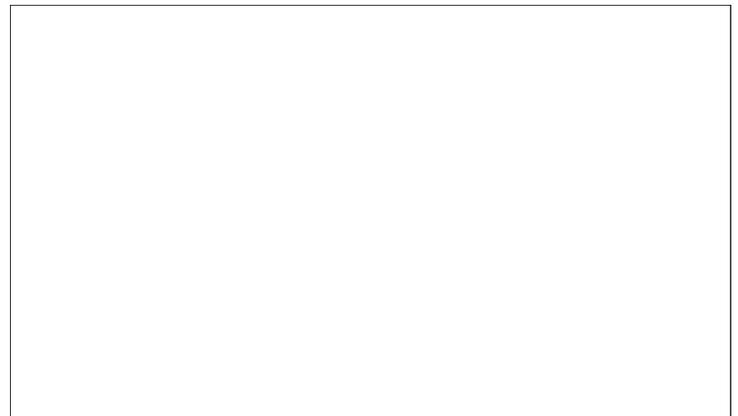
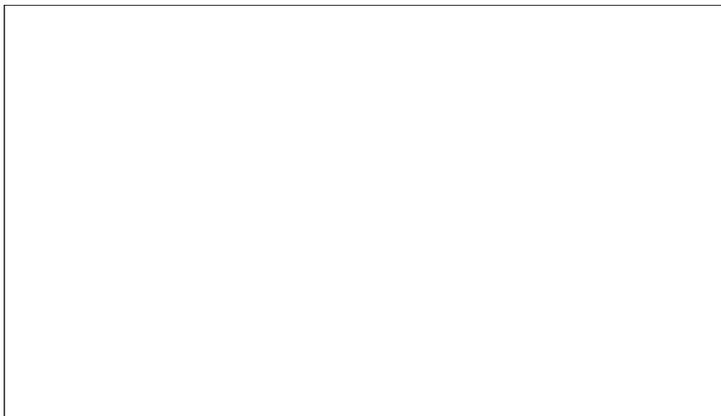
One of Sherborn's most beloved residents is reaching a milestone and joining the very special Centenarian Club!

Join us for ice cream and cake on Friday, August 16 at the Woodhaven Community Room at 1:30 p.m. RSVPs appreciated, please call 508 651-7858.



Home Safety Program Ends on September 30

Join the ranks of Sherborn seniors who have had their homes checked by Sherborn EMS personnel to make sure their homes are safe. Thanks to a grant from the MetroWest Health Foundation, Sherborn EMS and the COA have been visiting seniors with a bag full of supplies that range from rug tape to corner bumpers and batteries for fire and carbon monoxide detectors...all provided free of charge. If you haven't called yet to make an appointment, please call the COA today at 508-651-7858.



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



***Two Special COA
Events this Summer!***

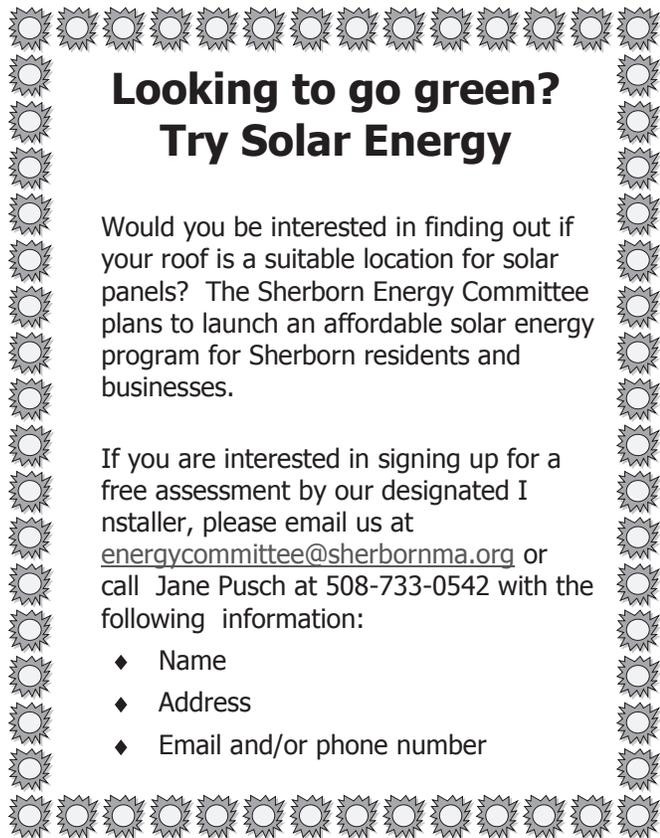
Mark your calendar now!

**Thursday, July 11: The
COA's famous BBQ** with luscious
grilled food and all the trimmings to
celebrate Independence Day and Sum-
mer. See details on pg. 6.

**Friday, August 16: Celebrat-
ing A Special Birthday for Bess.**
Join the COA and the Woodhaven resi-
dents as we celebrate Bess' 100th
birthday. See details on page 7.

Please call 508 651 7858 to reserve
your spot for either the BBQ or the
Birthday celebration or both!

**Postal Patron
Sherborn, MA**



**Looking to go green?
Try Solar Energy**

Would you be interested in finding out if
your roof is a suitable location for solar
panels? The Sherborn Energy Committee
plans to launch an affordable solar energy
program for Sherborn residents and
businesses.

If you are interested in signing up for a
free assessment by our designated I
nstaller, please email us at
energycommittee@sherbornma.org or
call Jane Pusch at 508-733-0542 with the
following information:

- ◆ Name
- ◆ Address
- ◆ Email and/or phone number

Travel with the COA

**Before your summer calendar starts to fill up,
save the date and come travel with us!**

Sunday, August 4—Tanglewood Our popular day
trip to Tanglewood returns! We will leave Sherborn
Town Hall in the morning, have lunch at the Red Lion
Inn in Stockbridge and head to Tanglewood to listen
to a concert by Yo Yo Ma and the Boston Symphony
Orchestra. The program includes Stravinsky's
Fireworks and *Rite of Spring* as well as Dvorak's
Cello Concerto. The cost of the trip will be \$105
per person (transportation, lunch and concert ticket).
Call the COA to reserve your spot! Seating is limited.

Friday, September 20, 2013—Fabrege Exhibit at
the Peabody Essex Museum (Salem, MA). Join us for
a docent led tour of these exquisite works of art on
loan from the Virginia Museum of Fine Arts. Cost:
\$45 (includes tour, transportation and lunch) More
information will be coming in the July/C.