Sherborn LINK

FEBRUARY 2014

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Pizza and a Movie Resumes

Sunday, February 16 at 12:30 p.m. at the Woodhaven Community Room.

We'll see *The Butler* and enjoy a new type of pizza. Call to reserve your spot!!

Readers Speak

A Lesson Learned

By Martin Waters

Recently my primary physician diagnosed a problem in my pelvic area and prescribed a pain medication. When medication did not provide relief, he referred me to a spinal specialist. The specialist examined me a week later and offered me the choice of an MRI (Magnetic Resonance Imaging) or spinal injection. By this time, the pain had reached the point that I thought that the spinal injection would provide the quickest results. After arrangements had been made for the spinal injection, I learned that I would have to stop using my blood thinner seven days before the procedure, which meant another week of pain.

When the time came for the injection—a relatively simple procedure—the doctor said that it would provide all the pain relief I would need and that I would notice the results soon. However, another three weeks of back pain followed. On the follow-up examination, the doctor agreed that the injection was not the right course of action and suggested an MRI. The MRI showed that I had a fractured L4 vertebra.

I was referred to another orthopedic specialist in spine repair who recommended two possible courses of action: let the fracture heal on its own in one or two months, or have an outpatient surgical procedure that involved injecting two needles into the area of the L4 vertebra. One needle is used to make a balloon to open the fracture. The other needle is used to inject cement into the fracture that will hold the vertebra open to its original size. After eight weeks of pain, I agreed to go ahead with the operation. The procedure took one hour. There were no complications. Immediately after the operation, I was able to stand and walk unaccompanied with no pain. Although I experienced some minor discomfort for the next couple of weeks, it was easily managed, and soon I was completely pain free.

Had I asked more questions upfront about the options that were presented to me, I would have avoided eight weeks of pain. **The lesson I learned is to ask questions until I understand <u>all</u> the issues involved— especially when the cause of the problem is not clear.**

COA
SHERBORN COUNCIL ON AGING

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
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- 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

Community News

FILE FOR TAX AID-*FEB. 3-27*

Residents have been very generous in donating to Sherborn's Tax Aid Fund. To qualify for aid for the Spring 2014 tax bill, applicants must own and occupy their present property on **January 1, 2014** and have been residents 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. 27.**

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 at 19 Washington St.

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

One of

Sherborn's Notable Elders

Peggy Sacuto

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

Margaret Flynn—known to her Sherborn friends as Peggy Sacuto—was raised in the small town of Pekin, IL. Pekin is located halfway between Chicago and St. Louis and as Peggy grew up, the two big cities beckoned with all the excitement and cultural advantages that Pekin could not provide.

Peggy showed an early facility with writing which was recognized when she became editor of her high school newspaper. Later, as a student at Bradley University she was co-editor of her college paper. At the time, however, she did not see her future in terms of writing.

After graduation, Peggy took a job as Assistant to the Personnel Director at Caterpillar Tractor Co. in Peoria. She liked the work but after a time got the opportunity to join the Community Chest in public relations. There she learned how a nonprofit operates and how to bring in the charitable dollars through effective publicity.

Eventually the time came for the dream of living in Chicago to become a reality. Peggy and three other young women decided to move to the big city and live on the near north side where things were happening. Peggy did PR for a radio-television station and then for The Cerebral Palsy Foundation of Greater Chicago, a charity in which she would invest her heart as well as her mind and energy.

In 1962 Peggy married John Sacuto and for a time the couple lived in Chicago. But eventually John's work took him to charitable organizations in Virginia and Ohio and then Pittsburgh where they stayed and raised their two children, Amy and Lisa. Peggy sometimes worked part-time, but more often volunteered doing publicity work for fund-raising organizations.

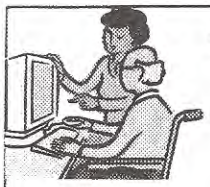
On retirement Peggy and John came to Sherborn to be close to their daughter Lisa Hodson-Walker and her husband who were starting their family; four grandchildren were born and Peggy feels fortunate to live close by and watch them grow and achieve. Three grandboys were also born to Amy in Virginia. Unfortunately John died in 2002 and could share with Peggy only briefly the role of grandparent.

Although Peggy sees herself as a relative newcomer in Sherborn she has made an enormous impact on the town through her vision, her drive and her organizational skills. She is a member of the Publicity Committee of the Boggestow Garden Club and a long-time member of the Boggestow Book Club. While serving on the Council on Aging Board she recognized the need for additional funds to finance programs for Sherborn seniors. Single-handedly she took up the idea of forming a Friends of the Council on Aging. She recruited a Friends Board, researched and wrote By-Laws and obtained the necessary nonprofit status.

Peggy served as President of the Friends for three years as the organization developed its successful fund-raising strategies. Now in its fifth year, the Friends helps to support a variety of activities for seniors including the very successful Lifetime Learning program. It was Peggy who envisioned that with the support of the Friends, the COA of a small town like Sherborn could develop a high quality program that would attract not only Sherborn residents but also participants from other towns.

Today the young woman who longed for life in the big city is winding down in a smaller town than Pekin, but she has made a big place for herself though her own vision, determination and spunk!

Ann Bekebrede



Certified SHINE (Medicare) Volunteer Counselors Needed!!

Are you looking for a challenging volunteer opportunity?
Do you enjoy learning about complex topics?
Are you good at analyzing and solving problems?
Do you like to work with people?

The SHINE program may be just what you are looking for!

The SHINE program helps seniors and people with disabilities on Medicare to understand the many and increasingly complex insurance options available to them. The need for certified volunteers to educate and provide unbiased information has never been greater.

Through an intensive training program, SHINE (Serving Health Insurance Needs of Everyone) Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income programs that help with healthcare costs.

SHINE Counselors are expected to work an average of 5-6 hours per week meeting with clients and doing necessary follow-up work. They generally counsel at Senior Centers or other public settings that have a private meeting space. SHINE Counselors must also attend monthly meetings where they receive on-going training, support, and opportunities to share their experiences and concerns with other counselors. Knowledge of computers is required. This is a unique and wonderful volunteer opportunity for the right person. Please consider joining our dedicated team.

The spring SHINE training will begin mid April and run for two days per week over a six-week period. For more information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at (508) 532-5980 x 4109.

Winter Walks with *Sherborn Walks*

Join *Sherborn Walks* for either a brisk outdoor or indoor walk this winter. Our February schedule includes both outdoor and indoor walking options.

Note: the February 3 walk has two walking options.

- **February 3-** Natick Town Walk at 10:00 a.m. Meet at Natick Community/Senior Center, 117 E. Central St, Natick and or/11:00 a.m. indoor gym walk.
- **February 10-** Natick Mall Walk at 9:30 a.m. Meet at California Pizza kitchen entrance.
- **February 24-** Noanet Woodlands walk or snowshoeing at 10:00 a.m., Dedham Street in Dover.

Schedule is subject to change due to weather conditions. **Please call the COA to preregister or e-mail** coaprogram@sherbornma.org

There is no charge to participate in this program thanks to the funding through BayPath Elder Services and Title III Older Americans Act.

Podiatry Services

Dr. Greg Cormier will be providing foot care to Sherborn seniors, beginning in February. His fee is $30 for visits to Woodhaven and $50 for home visits.

His afternoon schedule typically runs from 12:15-3 p.m. He will be coming to Sherborn on the following dates:

- February 26
- May 7
- July 16
- September 24
- December 3

Call the COA at 508-651-7858 for an appointment.

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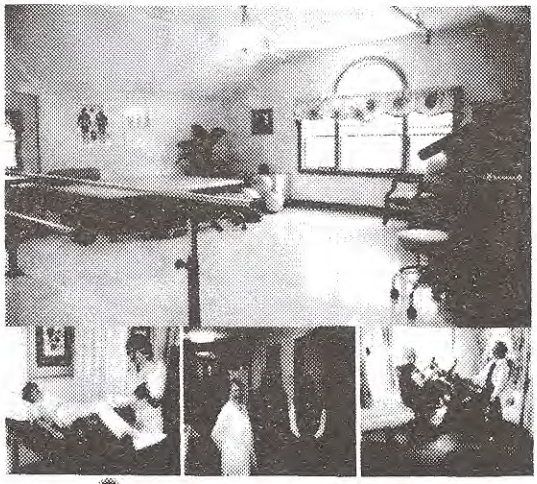

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Victoria Haven
137 Nichols St. Norwood, (781)762-0858

Rehabilitation Associates

For more information, go to www.rehabassociates.com or call the home of your choice!!

LIFETIME LEARNING .... It's not to late to enroll and enjoy five new courses that start soon.

Life in the U.S. Foreign Service

Ambassador Burton Levin will reflect on his 36-year career as a diplomat in the Foreign Service. Learn about his experiences in the Far East and his insights into U.S. foreign policy over the years.

Instructor: Burton Levin has served as the U. S. Consul General to Hong Kong and U. S. Ambassador to Burma. He now heads the Asia Society office in Hong Kong and teaches at Carleton College.

When: Thursdays, 10:00 – 11:30 a.m. February 20, 27, March 6 and 13

Old Blue Eyes comes to Sherborn...Songs of Frank Sinatra

Frank Sinatra sang and interpreted standards in live performances, on film, radio, records and television. Learn about this musical icon through his songs and stories of his life.

Instructor: Jack Craig has taught music throughout his life. His piano and singing programs are loved by audiences all over New England.

When: Fridays, 1:30 p.m., April 4 and 11

The Story of the Planets: Discovering Our Place in the Universe.

Learn about the history of the Universe from Aristotle to the latest information coming from the Curiosity rover on Mars.

Instructor: Kenneth Ramsley, a former Chief engineer for AeroAstro, Inc, a space-craft manufacturer is currently a member of Brown University's Planetary Geosciences Group.

When: Thursdays, 10:00 a.m. – 11:30 a.m. April 24, May 1, 8 and 15

Neuroscience of Pain: A Case-based Team Approach to Learning

In this course you will learn how pain pathways work in the brain and nervous system, types of pain, pain management and clinical trials. Using actual case studies, you will discuss real-life health scenarios and work collaboratively to a solution.

Mentor/Instructor: Dr. James Quattrochi has 28 years at Harvard as faculty in neuroscience, IT curriculum developer and director, and author of 100+ patient-centered case studies.

When: Thursdays, 4:30 – 6:00 p.m., April 24, May 1, 8, 15, 22, 29

1964-2014: A Half-Century of Political Conflict and Social Change

Review six key issues that shaped the U.S. government of today. Perspectives on the Constitution; the Civil Rights Revolution; Women's Rights; the War on Poverty and the Poor; Healthcare for the Elderly and the Affordable Care Act and the Future of the Republican Party.

Instructor: Alan Schechter is the former Chair of the Fulbright Foreign Scholarship Board and Professor Emeritus at Wellesley College.

When: Wednesdays, 10:00 a.m. – noon, March 12, 19, 26, April 2, 9 and 16

For more information (including costs), pick up a Lifetime Learning brochure or go to http://www.sherbornma.org/Pages/SherbornMA_COA and click on Lifetime Learning.

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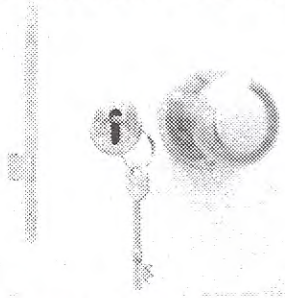

Call now to arrange your complimentary meal and tour!
508-898-3000

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FEBRUARY 2014

Don't stay home this winter! The COA has lots going on from *Breakfast with the Selectman* on **February 7** to bridge, exercise classes, drop-in luncheon & Lifetime Learning.

Sun	Mon	Tue	Wed	Thu	Fri
	St. Theresa's Exercise with Linda	**Pilgrim Church** Drop-In Lunch	**Woodhaven Community Room** Polarity Yoga Party & Drop-in Bridge Shared Sunday	**Woodhaven Community Room** Pizza and a Movie Bridges Program	**Town Hall** *Lifetime Learning* **Room 204A**
2	**3** 10 a.m. Walking Group 12:30 Lunch w/ COA	**4** 9:15 a.m. Exercise w/Linda *1 p.m. Poetry*	**5** 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	**6** 9:15 a.m.- Exercise	**7** 8:30 a.m. Selectman's Breakfast 7 p.m. Party Bridge
9 Shared Sunday Dinner 12:30 **Reservations, please!**	**10** 10 a.m. Walking Group *10:30 Maud* 12:30 Lunch w/ COA	**11** 9:15 a.m. Exercise w/Linda *1 p.m. Poetry*	**12** 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	**13** 9:15 a.m.- Exercise 12 noon - Drop-In Lunch 1:30 —Drop-In Bridge	**14**
16 za & a Movie 12:30 p.m Woodhaven	**17** **COA office closed**	**18** 9:15 a.m. Exercise with Linda *1 p.m. Poetry*	**19** 10 a.m. Polarity Yoga 11 a.m. *Oscar Songs (Woodhaven)*	**20** 9:15 a.m.- Exercise w/Linda *10 a.m. Foreign Svc*	**21**
23 Shared Sunday Dinner 12:30 **Reservations, please!**	**24** 10 a.m. Walking Group *10:30 Maud* 12:30 Lunch w/ COA	**25** 9:15 a.m. Exercise with Linda	**26** 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	**27** 9:15 a.m.- Exercise *10 a.m. Foreign Svc* 12 noon - Drop-In Lunch 1:30 —Drop-In Bridge	**28**

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John Steacie, Administrator
508-872-5250
Fax: 508-872-1217

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 6 **Winter BINGO**

Lunch: Soup by Nancy Barsamian and Roche Bros. sandwiches

February 13 **Valentine's Day Visit with children from Rocking Horse Preschool**

Songs, valentines, and more...

Lunch provider: Pasta Primavera and salad by Anoush Gigarjian

February 20 **Arm Chair Travel: Round Cape Horn**

Join us for a viewing and discussion of the DVD "Round Cape Horn" by Captain Irving Johnson, father of Sherborn resident Robert Johnson. Commentary will be provided by Robert Johnson.

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

Lunch provider: Metrowest Fire Explorers

February 27 **Latest on Keeping Safe from Scams & Identity Theft**

Amy Scram from the Better Business Bureau of New England will talk about the Scams & Fraud/Identity Theft program. She will cover the most common scams currently circulating in the community, the major Red Flags to watch out for, and the precautionary tactics we can use to protect ourselves and our identity.

Lunch: Evelyn and Peter Liffiton

Thank you to Roche Bros. and BJ's for their baked goods donation!

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SAVE THE DATE:
FRIDAY,
FEBRUARY 7

Breakfast with Selectman Michael Giaimo will begin at **8:30 a.m.** Come join us for breakfast and an interesting dialogue about Sherborn. Bring your questions, we'll have coffee and breakfast food to keep you fueled and ready to go!

Postal Patron
Sherborn, MA

A new twist on a special program

Are you a senior looking to meet a great group of youngsters? Are you a parent looking for a great way for your child to meet some seniors in our community? Are you looking to have fun? Come spend one to four afternoons with the Bridges Program!

- **Wednesday, February 5**– 1:30-3 pm - - card making—create several hand-made cards for Valentine's Day !
- **Saturday, March 15— 2 pm**
  Jewelry making—details to follow
- *Thank you to the SHERBORN BUSINESS ASSOCIATION for making this special intergenerational program possible!*

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 3, you can call the Natick Senior Center at 508-647-6540 for an appointment on:

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

Firewood from Sherborn Town Forest

The Town Forest Committee (TFC) provides firewood to residents for a below-market fee of $65 per load (1/3rd of a cord) for Sherborn senior citizens and $85 for non-seniors.

The fee covers delivery and help in stacking. Checks should be made out to Town of Sherborn

To request delivery of firewood, call Bob at 508-655-1045.