



# Sherborn *LINK*

MAY 2014

## Inside This Issue....

Community News	2
Readers Speak	3
Poem/Ballot Questions	4
Lyme Disease/May Walks	5
COA Calendar	6
Drop-In Schedule	7

## **REMINDER**

Application for the ***SERVICE TO SENIORS AWARD*** from the Friends of the Sherborn COA to high school student or student group **due MAY 1**



## Looking Forward

As the Link goes to press, the outcome of the Town Meeting vote on rezoning the 90 Maple St. property is still to be determined. Articles highlighted in the March and April issues of the Link made it clear that the COA Board strongly supported rezoning and the planned development by Pulte Homes just as it has supported the Abbey Road project. Such a stand is consistent with our mission to "provide advocacy and support systems for our seniors by working with them to maintain and improve their independence and quality of life." Increasing the options for seniors to downsize in their own community is a key element of that mission and we have found that many Sherborn residents agree on its importance.

As we write this article, the COA Board and all its friends and volunteers are working hard to make the Pulte Project a reality not only because it meets a need for seniors but because it would help the town cope with the fiscal challenges of mounting unfunded health care and pension liabilities and the need for increased sources of revenue. With each succeeding year, our town is stretched further to maintain the quality of life we expect. It takes money to maintain a first-class school system, money to fund infrastructure projects like sidewalks, money to protect the safety of our citizens and maintain our natural resources like Farm Pond and our walking trails.

Often the discussion about Article 32 prior to Town Meeting has been heated and passionate—not a bad thing when citizens become involved, informed and ready to voice their opinions. But whatever the outcome we must now come together as a community and recognize that the will of the majority has prevailed. Whatever problems, fiscal or social, that must be resolved will require the intelligence, determination and good will of the people of Sherborn pulling together to keep our town the special place that it is..



**Look for us** on the web at [www.sherbornma.org](http://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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- Vice Chairperson, Chris Winterfeldt
- Doug Brodie, Secretary
- D. Paul Leitch, Treasurer

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- 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

**Community News**

**Sherborn Arts & Crafts Fair**  
**Saturday, May 10**  
**9 a.m.– 4 p.m.**



The Sherborn Arts & Crafts Fair returns to the Library Green on

**Saturday, May 10.** The Arts & Crafts Fair will feature close to 100 local artisans and crafters with a wide range of handmade items to sell. Fairgoers can also purchase annuals, perennials, herbs and vegetable plants donated by local nurseries and by some of Sherborn's best gardeners. Many of Sherborn's community organizations will also have booths with giveaways and information about programs and services.

Admission is free! Parking is available at St. Theresa and Pilgrim Churches.



**At the Fair** don't miss the **Annual Geranium Sale of the Boggestow Garden Club of Sherborn**

These outstanding geraniums are hardy and come in a variety of spectacular colors at exceptionally low prices. For shady locations, New Guinea Impatiens will also be available in a range of gorgeous colors. Look for the BGCS display on the Town Hall lawn during the fair hours. All proceeds from the sale go to community improvement projects.

**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.**

## Readers' Speak

### Ice Cutting on Farm Pond

By Virginia Connelly



On the shore of Farm Pond, just beyond the boat mooring, no trace remains of the once vital ice-block-making industry that supplied ice boxes all over town and chilled drinks as far away as Boston.

On that site, George Clarke's icehouses, huge wooden buildings constructed of double walls insulated with sawdust, stored blocks of ice cut from the pond. In a good-cutting year the blocks lasted well into the summer.

According to Historical Society records, Clarke purchased the original building in the late 1800s and gradually expanded as the demand for ice grew. The cutting started when Grandmother Clarke, a locally famous weather forecaster, predicted a freezing spell when the ice was about an inch thick.

Most of the work was done by hand and with the help of horses. The season consisted of long, cold twelve-hour days and required 15 to 18 men, each of whom netted a salary of two dollars a day. The ice field was marked into perfect squares, brushed off and incised to an inch deep. Ice plows sliced the markings deeper and saws were used in the final step to cut the squares into blocks weighing about 150 pounds each.

A channel was cut straight out from the ice house. The blocks were cut loose and floated down the channel to the icehouse where they were pulled into the building by horse-drawn ropes. When the ice was in place, a layer of sawdust was strewn over it. The nature of the construction, with the sawdust and the straw, made the houses extremely flammable, and the records show that an arsonist set fire to them in 1910.

Clarke rebuilt the icehouses after the fire but they were ultimately destroyed in the hurricane of 1938. The ice blocks and the men who worked through the hard winters to produce them remain part of the history of the Sherborn community.

## High School Baseball

By Allan N. Stevens



I played on the Sherborn High School baseball team from the 1946 through the 1948. My athletic prowess was only average: slow runner and low batting average, but very reliable at center field and first base especially on the trap hop (low throw). I would have swapped the trap hop prowess for a higher batting average, but I was growing fast and had things to deal with such as coordination and attention span issues. I have the competitive mind of an athlete trapped in an athletically challenged body. With this set of baggage I proceeded to play center field and occasionally first base.

One of my most memorable moments took place in Mendon, a nice town with a much maligned team because when we played them at home, we believed the umpires were always relatives of the players such as uncles or older cousins and were thus biased. Probably not so, but a belief we held dearly.

On one occasion and by the law of averages, I finally stuck a ball that, as it headed for deep center field, had home run potential or at least a triple. As I excitedly rounded first I could see the center fielder running with his back to the diamond with both arms out stretched feeling for the ball and putting on a good show. He had no idea where it was. However, the ball looked as if it was going to carry beyond his reach anyway. The outfield sloped downhill away from home plate and as I was on my way to second I knew that when the ball got over the fielder's head it would roll and roll and be a home run, obviously my first. What anticipation! Unbelievable excitement! But as this unskilled fielder ran on blindly, the ball unbelievably dropped cleanly into his glove. What the heck? Not only did I not have a home run, but I was out! "Out, are you kidding me on the longest ball I ever hit?"

As I jogged dejectedly back to our bench, the Mendon players seated on their bench all fell over backwards laughing and one yelled, "It's the first ball he has caught all season!" What solace. Like a ragged dagger to the heart.

## Unleashed

By Norman Kattwinkel

We're the **best of friends** when hiking  
 We're **pals** when needing air,  
 But friends require tolerance  
 And even **dogs** declare

That tolerance means backing off  
 (Though **humans** disagree)  
 Especially so when **canine** friends  
 Find time to **sprint** with me

**His life and mine** are intertwined,  
 Adventures pretty tame  
 I'm dependent on his caring, and  
**not** a bit ashamed  
 To say that I'll be **loyal**  
 And **always** play the game

But he can be so stubborn  
 When danger's on the line  
 A leash can be quite time-ly...  
 But **let it not** be mine!



He claims it's for my own good  
 When danger he can see  
 Though he **kindly** speaks to humans  
 He **sternly** speaks to me

He **needn't** be so harsh you see  
 He truly must agree  
 I **need** to run with freedom  
 To feel the ecstasy

The **picture** really speaks to thee  
 I love you, friend, as you love me  
 But there **has to be** a limit  
 If only you'd agree

*From the Town Clerk*

## BALLOT QUESTIONS



Voters are sometimes puzzled by ballot questions. The questions are second part of a two-step process. IF Town Meeting appropriates an amount of money for an item or article by a two-thirds vote AND the relevant ballot

question passes on election day THEN the Town is allowed to exempt from our debt limit the \$\$\$ voted at Town Meeting for that item, borrow that amount of money, and spend it for the purpose specified at Town Meeting. If no money is appropriated for that item, then regardless of the vote on the ballot question, no money is borrowed or spent for that item. If money is appropriated, but the ballot questions fails, no money is borrowed or spent for that item.

The Selectmen have voted to place three questions on the ballot for Annual Town Election, May 13<sup>th</sup>. All three questions are Prop 2½ borrowings. By law there are no dollar amounts contained in the questions. The amounts are determined by vote of town meeting. By election day, you will know how much money, if any, was appropriated by Town Meeting for the articles involved.

**SO DON'T MISS PART OF THE PROCESS.  
 VOTE AT TOWN MEETING APRIL 29/MAY 1!**

**VOTE ON ELECTION DAY  
 7 AM TO 8 PM, MAY 13  
 AT TOWN HALL**

**QUESTION 1** Fire Department Ladder Truck (Article 8 Item 1)

**QUESTION 2** CM&D dump truck (Art. 8 Item 3), and CM&D fuel accounting software (Art. 8 Item 4)

**QUESTION 3** Pine Hill School capital projects (Article 8 Item 7), new HVAC system and improvements at Fire Station #1 (Article 8 Item 8), and Sherborn's share of the Regional School major equipment and building improvements (Article 9)

*You will find the warrant articles online and in your Advisory Report. Town meeting appropriations and other actions will be posted online soon after Town Meeting is dissolved.*

*Carole B. Marple, Your Town Clerk*

**LYME DISEASE: REMEMBER TO CHECK FOR TICKS**

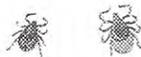
Most cases of Lyme disease occur in the spring and summer months, when ticks in the nymph stage are feeding. Symptoms tend to appear spring through autumn, creating what some call a "Lyme season." (Adult female ticks feed in autumn and early winter months and can also carry the bacteria.) A person is more likely to get the disease during the spring and summer because a lot of time is spent outside, often with large amounts of skin exposed.

Avoiding areas where deer ticks and western black-legged ticks live reduces the chance of infection. Deer ticks and western black-legged ticks live in wooded, brushy and grassy places, including lawns and gardens. While outdoors, a few simple precautions can reduce your chance of being bitten:

- Wear long pants and long-sleeved shirts to minimize skin exposure to ticks.
- Tuck your pants into your socks to form a barrier to tick attachment.
- Wear light-colored clothing to help see ticks on your clothing.
- Check for ticks, looking particularly for what may look like nothing more than a new freckle or speck of dirt.

Using tick and insect repellents containing DEET or permethrin helps to protect against Lyme disease. Follow label instructions carefully. Use aerosols in an open space to avoid inhalation. Use sparingly on children and avoid use on their faces and hands.

Source: American College of Physicians 2014



**May Walks**

Spring walks are in full gear... Come join the Sherborn COA as we walk the trails of Sherborn or nearby locales.

We are still continuing the "Boston Marathon" walking challenge which you can do at your own pace. Walk 52,000 steps (26 miles) and win a prize. Register at COA and pick up pedometer & walking logs.

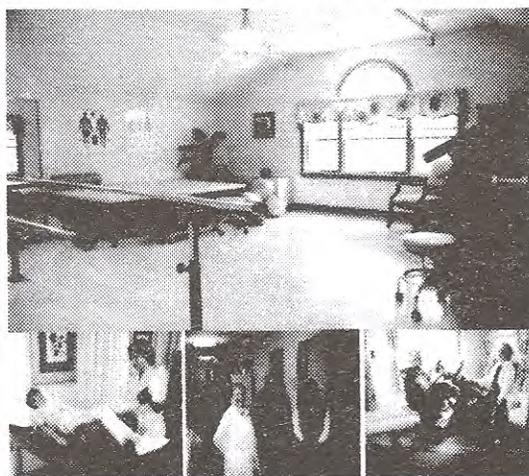
This month we are introducing some new venues as well as continuing with some favorite spots. We will rotate our walking days between Monday and Tuesday so please read schedule carefully-

- ◆ **May 5 (Monday, 10:00 am)- Morse Pond walk in Wellesley**
- ◆ **May 12 (Monday, 10:00 am)- Barber Reservation walk in Sherborn**
- ◆ **May 20 (Tuesday-11:00 am)- Cushing Memorial Park walk followed by lunch at noon- Keefe Dept Culinary Department Restaurant**
- ◆ **May 27 (Tuesday- 10:00 am)- Assabet National Wildlife Refuge walk in Sudbury with Bernie Hick-ey.**

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

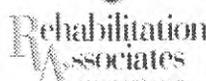
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# MAY 2014

The final Shared Sunday of the spring is on Sunday, May 18th at 12:30 in the Woodhaven Community Room. Join us for a delicious Sherborn Inn meal. Suggested donation: \$5. Please call the COA no later than May 15 to reserve your spot.

Sun	Mon	Tue	Wed	Thu	Fri
	<u>Woodhaven Community Room</u> Polarity Yoga Party & Drop-in Bridge	<u>Pilgrim Church</u> 25 S. Main St.  Drop-in Luncheon every Thursday	<u>St. Theresa's Church</u>  Exercise Class every Tuesday and Thursday	<b>22</b> <i>10 a.m. Planets</i> 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch 4:30 pm- <i>Pain Course</i>	<b>2</b>  Party Bridge 7 p.m. <b>RSVP!</b>
<b>4</b>	<b>5</b> 10 a.m. Walk 12:30 Lunch w/ COA @ Woodhaven	<b>6</b> 9:15 a.m. Exercise w/Linda	<b>7</b> 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	<b>22</b> <i>10 a.m. Planets</i> 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch 4:30 pm- <i>Pain Course</i>	<b>9</b>
<b>11</b>	<b>12</b> 10 a.m. Walk 12:30 Lunch w/ COA @ Woodhaven	<b>13</b> 9:15 a.m. Exercise w/Linda	<b>14</b> 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	<b>22</b> <i>10 a.m. Planets</i> 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch 4:30 pm- <i>Pain Course</i>	<b>16</b>
<b>18</b> Shared Sunday 12:30	<b>19</b> 12:30 Lunch w/ COA @ Woodhaven	<b>20</b> 9:15 a.m. Exercise 11:00 am Walk	<b>21</b> 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	<b>22</b> <i>10 a.m. Planets</i> 9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch 4:30 pm- <i>Pain Course</i>	<b>23</b> 12:00 p.m. Lunch and Bocce
<b>25</b>	<b>26</b>  <b>Memorial Day</b> COA office is closed	<b>27</b> 9:15 a.m. Exercise 10:00 am Walk	<b>28</b> 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	<b>29</b> <b>VOLUNTEER LUNCHEON</b> <b>Sherborn Community Center</b>	<b>30</b>

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## MAY DROP – IN LUNCH 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.

- May 1**      **Spring Concert: Sherborn Music Makers– 40 years of song..**  
**Lunch** provided by Sheila Bresnehan (entrée), Panny Nichols & Sue Peirce (salads)
  
- May 8**      **Health Lecture: *Planning Before the Health Crisis***  
 Learn more about available services after a discharge from the hospital, how to determine which in-home non-medical care agency to choose and which questions to ask in making the determination. The talk will also include how services are paid for, what services are offered by a homecare agency, and what qualities to look for in a caregiver, and more.  
**Lunch and program sponsored by *Always Best Care Senior Services* and *Fox Hill Village***
  
- May 15**     **Special Event: *Colonial Medical Show***  
 Step back in time and enjoy a mix of history, humor and intriguing facts. Learn how the monaural stethoscope was invented. Observe the amazing electric Magneto Nervous Machine! Dave Downs has assembled a unique and fascinating collection of antique medical and surgical instruments and describes extraordinary medical techniques practiced during Colonial and other times. He is member of The Living History Association, a retired teacher and experienced entertainer. Program funded by the Friends of the Sherborn Council on Aging.  
**Blood Pressure Clinic:** 11:30 a.m. provided by the VNA and supported by the Sherborn Board of Health  
**Lunch** provided by Peter and Evelyn Liffiton
  
- May 22**     **Arm Chair Travel: *Discover Costa Rica***  
**Lunch:** Costa Rican *Pura Vida* casserole and ensalada verde (green salad)
  
- May 29**     **Volunteer Appreciation Lunch—12:30 p.m. to 2:30 p.m. at the Community Center.** We are pleased that the students of Dover-Sherborn High School will once again be entertaining us with their musical talents. **Please RSVP to the COA**

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

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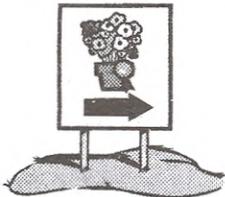


## COA Celebrates Our Volunteers and Our FRIENDS!

Our Volunteers and the FRIENDS of the COA make a huge difference! They supply the energy, enthusiasm, and financial support so the COA can offer the type of programs and services the seniors in Sherborn desire.

Join us as we celebrate those who give so generously of their time and talent on **Thursday, May 29** at 12:30 p.m. for the COA's Annual Appreciation Luncheon. We want to say "Thank you" for all you do for the COA and Sherborn's seniors!

**Postal Patron  
Sherborn, MA**



## Garden Parties: Hostesses Needed!

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 dine al fresco with our friends and neighbors.

**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 details or to reserve a date this summer. We have openings for June, July or August.

## SPRING TRIP TO BLITHWOLD MANSION -MAY 9

Enjoy a guided tour of Blithewold (mansion and gardens), a box lunch on the Great Lawn, Terrace or Porch, and roundtrip motorcoach transportation. Cost: \$60. Call office 508-651-7858 to reserve a spot!

### LOOKING FOR TRIP VOLUNTEERS!

Please contact the COA if you'd like to volunteer to be part of the trip planning committee – 508-651-7858