



Sherborn LINK

NOVEMBER DECEMBER 2014

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Wishing you a joy-filled holiday season!

The COA Board & Staff!

The office will be closed on November 28 & 29 and December 24-27.

Thanks & Giving

"The Most Wonderful Time of the Year"—a phrase we often hear as people express their joy in the wonder and magic of the season, remembering fondly special childhood memories or looking forward to creating new family traditions with their children and grandchildren. But the holiday season also is a busy time when it is easy to get caught up in the hustle and bustle of activities and forget friends and neighbors who may be older, facing health challenges or disconnected from their families because of distance—or all of the above.

Here in Sherborn we are thankful for the FRIENDS OF THE COA—and all of the Sherborn residents who support the FRIENDS' annual appeal or have made a legacy donation. You help provide the financial support that allows the COA to assist seniors in need, families in crisis, and those who are exploring a new phase of life and want to continue to be active and involved. We are grateful for our dedicated COA Board members who are devoted to the mission of improving the lives of Sherborn seniors. We are indebted to the many town residents who work countless hours with us as volunteers and to our Selectmen who recognize the value of our programming and services and continue to be supportive. We thank our partners in service in Town Hall and the Police, Firefighters and first responders who, under all circumstances, are there when help is needed.

The blessings of the season to all as we band together to see that none among us is outside a circle of love and caring during this most wonderful time of the year and though all the days that follow!



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

- Christina Winterfeldt, Chairperson
- Tricia Caldicott, Vice Chairperson
- Paul Leitch, Treasurer
- Sue Peirce, Secretary

Board Members

- Phyllis Braun • Sheila Bresnehan • Panny Nichols
- Jean Rosseau • George Shea

Associate Members

- Ann Bekebrede • Doug Brodie, • Shelley Cantor
- Sonia Goldsmith • Bruce Gray • Gerri Hawn
- Ruth Johnson • Deborah Kennedy • Ralph Lowell
- Ann Nichols • Edna Roth • David Sortor
- Ruth Stewart • Martin Waters

COA Staff

- Karen Juhl, Director • Kathy Horigan Dye, Program Director • Linda Bellefeuille, Elder Advocate • Nan Viada, Elder Advocate • TBD, 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 at 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

CORNERSTONE FORUM RETURNS

Sherborn Community Center

Sunday, November 2, 2014 at 4 PM

“Death with Dignity: Caring Conversations”

Have you had the important conversation with your family? The 10th Cornerstone Forum will focus on end-of-life care. Sherborn’s own Anthony Whitemore, MD, Medical Director Emeritus, Brigham and Women’s Hospital will lead the discussion on “Caring Conversations.” He will be joined by Lisa Lehman, PhD., Brigham and Women’s Medical Ethicist and Diane Stringer, President of Care Dimensions, a hospice practice. Together they will guide us on the spiritual, ethical, medical and practical concerns that intersect around this delicate and complex topic that we often shy away from. How do we and our loved ones find the peace and dignity that we want at the end of our lives? Please come and join the conversation.

The Cornerstone Forum seeks to encourage public discussion of ideas and issues which have a strong social and ethical impact on the Town of Sherborn and the wider world.

This program is free and open to the public.
 Donations are welcome.

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.



Haying the Grout Farm, Sherborn, 1942

By Allan N. Stevens

Because many farm workers were called into the Armed forces in the summer of 1942, boys even as young as I were recruited to fill the gap. I was 12 and with the consent of my mother was hired by Mr. Grout, the owner of the Grout Farm on Washington Street. On haying days only I was to work from 9 A.M. to 5 P.M. and be paid 25 cents an hour with one hour for lunch. The farm was only ten or twelve minutes from my house on my bike so I could go home for lunch thus reliving my mother of the chore of packing a lunch box for me.

One hot day at lunch my mother asked if Mr. Grout made water available when working in the field. She emphasized that it was important to drink plenty of fluids when working hard in the heat. I told her Mr. Grout had a large Thermos jug he carried in the hay truck but it did not contain water. It contained a tasty drink of Orange Nip and hard cider. At this remark her head and eyes rolled heavenward, her knees actually buckled a little and she exclaimed loudly, "Oh my God!" She asked me if that was true and I said, "Well, he says it's how he makes the drink so I really don't know." Another "Oh my God!" and then, "well don't drink too much." So in just a minute or two we went from drink a lot to don't drink much. No wonder kids get confused.

Sherborn Vignette, 1942

By Allan N. Stevens

The hayfields on the North side of Hunting Lane consisted of a meadow abutting the railroad tracks and stretching west to where Brush Hill started to rise up toward the Milliken house. The entire piece was about 15 acres or so in total with the meadow portion of about four acres, bisected by a small clear brook. My dog Mickey loved to go wading there.

The meadow, by my definition, was land that was moist but not wet or swampy. Whereas the hay field portion was more dry. I thought of it as the "Beautiful Meadow" because in late June it grew just about every wild flower that could grow in that region. I listed them with the help of my mother and they are as follows: queen Ann's lace, bluets, black-eyed Susans, butter cups, wild geraniums, wild lilies, Indian paint brush, daisies and white and blue violets.

Each year I picked a bouquet or two for my mother. You can't be too good to your mother when you are a young boy out and about. I also picked a bouquet for my grandfather Stevens' funeral. I'm not sure how it worked out as his funeral was in Malden and these flowers wilt very fast. However, my dad said "he placed them where they could be seen by Gumpie." I'm still good with that.





Firewood from Sherborn Town Forest

The Town Forest Committee (TFC) provides firewood to residents for a below-market fee. The fee, \$70 per load (1/3rd of a cord) for senior Sherborn citizens and \$90 for non-seniors, covers delivery and help in stacking. **Checks should be made payable to Town of Sherborn.**

After receiving the first order, residents must wait 45 days before requesting a second order. In scheduling the second order, priority is given to senior residents and to those who have exhausted their supply.

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

Medicare's Open Enrollment Period



October 15 – December 7

Medicare plans change every year!

Review your plan coverage now and decide if you need to change your plan. If you have questions about your coverage or other plans' coverages, call SHINE! SHINE provides *free*, confidential advice. This is the time to decide on your coverage for 2015.

SHINE Can Help!

SHINE counselors provide free Medicare counseling.

Call the COA at 508-651-7858 and ask for a SHINE appointment.

Or

Call a Medicare representative
24 hours/day, 7 days/week, call **1-800-MEDICARE.**

Sherborn Walking Group



Walks continue in November and December and are open to all thanks to a grant by Baypath Elder Services. Walks begin at 10:00 am. Please email coaprogram@sherbornma.org, or call 508-651-7858 to pre-register.

Join us on:

- November 3-** Big Pines in Sherborn Town Forest with Chris Tullman
- November 10-** Upper Charles Trail in Milford. Lunch at Sky Buffet.
- November 17-** Wellesley Trail walk by Whole Foods
- December 1-** Upper Charles Trail in Holliston
- December 8-** Elm Bank Walk...Festival of the Trees
- December 15-** Fatima Shrine and Holliston walk



Pizza & a Movie

Make your reservation for:

- **Sunday, November 2**
The Grand Budapest Hotel—A movie about friendships and changing times between the wars. Terrific cast.
- **Sunday, December 7**
Joyeux Noel —Experience how soldiers in WWI put down their guns and share the meaning of Christmas.

Pizza is served at 12:30 and the movie starts at 1:15"ish"



Holiday Happenings

Come get in the Holiday Spirit with the COA!

♦ **Wednesday, December 10: Trim the Tree Party at Woodhaven Community Room** The Brownies will trim the tree, sing carols, and bring lots of holiday goodies! The fun starts at 1 p.m.!

♦ **Sunday, December 14: Sunday Dinner with the Scouts and Wreath Making** Share a meal with the Girl Scouts (*reserve your spot by calling the 508-651-7858*) then decorate a holiday wreath! Lunch begins at 12:30; program will follow around 1:15ish.

Tips to Prepare for the Next Winter Storm



The Massachusetts Emergency Management Agency (MEMA) has distributed important information to keep citizens safe. Among steps they list are:

1. **Build a Winter Emergency Supply Kit.** Have prescription medicines, flashlight & batteries, non-perishable foods (canned goods, dried fruits and nuts), a manual can opener, water (one gallon per person per day), a portable radio, pet food (if you have a pet), blankets/sleeping bag handy.
2. **Keep your house safe.** Know how to shut off gas, electric power, and water valves.
3. **Fill your bathtub and spare containers with water.** Using water from the tub, you can flush the toilet.
4. **If electric power is lost,** food will last up to 24 hours if you do not open the door.
5. **Charge your cell phone and laptop now!**
6. **Do not call 911 to report your power outage or to ask for information.** Call 211 with other winter-related issues.
7. **Trim dead tree branches and limbs close to your home before storm season starts.**
8. **Do you have adequate storm coverage?** Review your homeowners' insurance policy today.
9. **Do a Smoke and CO₂ detector check.**
10. **Be a good neighbor.** Check in with seniors who live alone or those without family support.



Podiatrist returns on **TUESDAY, December 2**

Call the COA at 508-651-7858 for an afternoon appointment. Foot care on-site at the Woodhaven Community Room (2 Village Way) is \$30; for a home visit \$50.

NOVEMBER-DECEMBER

No Shared Sunday in November & December, but Pizza and a Movie continues! See page 4 for movie details. And mark your calendar now for the return of Shared Sunday—Jan. 25

Sun	Mon	Tue	Wed	Thu	Fri
	<u>St. Theresa's</u> Exercise w Linda	<u>Pilgrim Church</u> Drop In Lunch	<u>Woodhaven Community Room</u> Polarity Yoga Party & Drop-in Bridge Shared Sunday	<u>Woodhaven Community Room</u> Pizza & a Movie	
Pizza & Movie Nov. 2 —Grand Budapest Hotel Dec. 7 —Joyeaux Noel Lunch @ 12:30	10 am Walking Group 12:30 Lunch w/ COA @ Woodhaven	9:15 a.m. Exercise w/ Linda Podiatrist Dec. 2	10 a.m. Polarity Yoga 1 p.m. Whichcrafters	9:15 a.m.- Exercise 12 noon - Drop-In Lunch (Nov 6) 12 noon - COA Holiday Party (Dec 4)	Nov. 7 & Dec. 5 Party Bridge 7 p.m. Reservations, please! 
Sunday Lunch with Girl Scouts and Wreath Making (Dec. 14)	10 am Walking Group 12:30 Lunch w/ COA @ Woodhaven	9:15 a.m. Exercise w/Linda  Veterans' Day Program Nov.11 At 11 am - Town Hall	10 a.m. Polarity Yoga 1 p.m. Whichcrafters	9:15 a.m.- Exercise 12 noon - Drop-In Lunch 1:30 —Drop-In Bridge	
Thanksgiving Dinner with SPD at St. T's 1 pm (Nov. 23)	10 am Walking Group 12:30 Lunch w/ COA @ Woodhaven	9:15 a.m. Exercise w/Linda	10 a.m. Polarity Yoga 1 p.m. Whichcrafters	9 a.m.- Exercise w/Linda 12 noon - Drop-In Lunch	
	10 am Walking Group 12:30 Lunch w/ COA @ Woodhaven	9:15 a.m.. Exercise w/Linda	10 a.m. Polarity Yoga 1 p.m. Whichcrafters	NO COA programs on 11-27 or 12-25	



NOVEMBER AND DECEMBER DROP – IN CALENDAR



Drop-In is held every Thursday at 12:00 pm in Pilgrim Church. Lunch is served at noon; program begins at 12:30 p.m. Questions? Please call the COA- 508-651-7858.

Nov 6

Winter Home Safety

Sherborn Fire Chief Tim Morrissey will discuss what you need to know to keep your homes safe during the winter months.

Meal Providers: Panny Nichols and Sue Peirce

Nov 13

Harvest Festival

Lunch will be provided by Pine Hill School’s Community School Association (CSA). CSA is comprised of parents and guardians, community members and school personnel who provide support for the school.

Harvest Raffle- Gift basket donations by Susie Tyler and Chief Tim Morrissey

Nov 20

Long Term Care Insurance Options and Financing: What You Need to Know

Blood pressure clinic 11:30 a.m. provided by Natick VNA ; sponsored by the Board of Health.

Lunch and program sponsored by Always Best Care Senior Services

Nov 27

Happy Thanksgiving- NO DROP IN

Dec 4

COA Annual Holiday Party

Tis’ the season.... Please join us for a festive holiday get together filled with music of the season and a delicious holiday potluck lunch.

Dec 11

Holiday Concert with the Sherborn Music Makers

Come listen to Sherborn’s own Music Makers sing some new holiday songs and enjoy many of your holiday favorites.

Dec 18

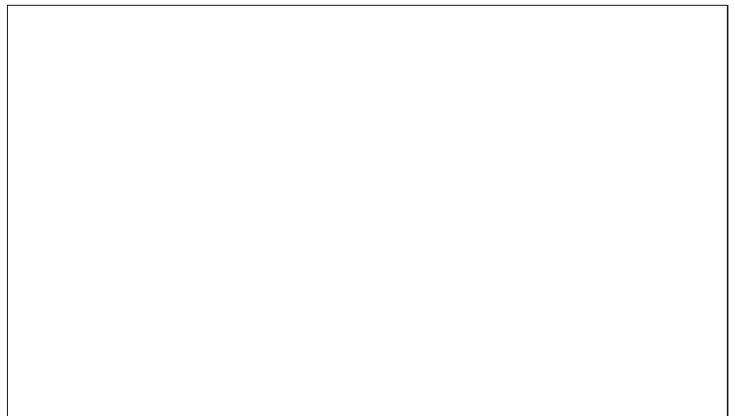
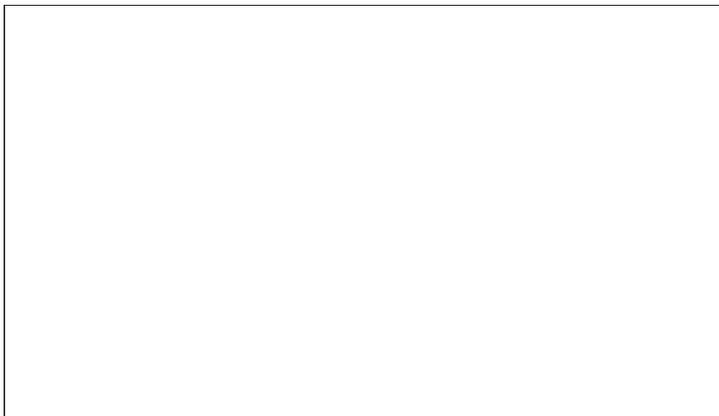
HOLIDAY BINGO

Lunch: Pizza and a salad

Dec 25

MERRY CHRISTMAS-NO DROP IN

Thank you to Roche Bros. and BJs for their baked goods donation!



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A Very Special Celebration

The Sherborn Police Department invites all Sherborn seniors to share a holiday meal with them on **Sunday, November 23** at 1 p.m. at St. Theresa's Recreational Hall (35 South Main Street). This catered meal is a wonderful holiday gift to Sherborn seniors. **To make a reservation, please call the Police Department at 508-651-7864**. Come share a meal with some old friends, and make some new ones.



**Postal Patron
Sherborn, MA**

Town Happenings for all residents



- **Tuesday, November 4** from 7 a.m. to 8 p.m. at Town Hall—**Sherborn VOTES!** Come cast your ballot for governor, senator, and representative PLUS four ballot questions.
- **Friday, November 7** at 8:30 a.m. in the Board of Selectmen's Meeting Room— Breakfast with Selectman Peter Caruso. Bring your questions and come learn about special projects that the Selectmen are considering.
- **Tuesday, November 11** at 11 a.m. at Town Hall –Veteran's Day Program. Come be a part of this very special tribute to our servicemen and women.

Friends of the Sherborn COA

Holiday Gift Bazaar and Gourmet Cookie Sale

Saturday December 6th
9:00 AM - 3:00 PM

Two floors of Quality Vendors
Gourmet Cookie Sale
Beautiful Holiday Greens

Sherborn Community Center
1858 Town House
3 Sanger Street, Sherborn, MA

For more information please
visit:
www.friendsofsherborncoa.org