



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.

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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- August 4-28

Residents have been very generous in donating to Sherborn’s Tax Aid Fund. To qualify for aid for the Fall 2014 tax bill (fiscal 2015), applicants must own and occupy their present property on **January 1, 2014** 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 Friday, August 28.**

Yvonne Remillard in the Assessor’s Office is available to answer questions about the application.

- ◆ Doug Brodie 655-6232
- ◆ Helen Cuddy 653-2999
- ◆ 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.

LINK READERS SPEAK

The Little Gray Squirrel

By *Vince Harper*

Circa 1909



My parents owned a summer cottage overlooking Lake Winnepesaukee. Father worked in Boston and on Friday nights he would drive straight from work. When he arrived, usually early Saturday morning, he would be exhausted and "abrupt." He would have a bite to eat and a mug of moxie, change into his nightgown, fall into bed and sleep.

The other actor in the drama about to unfold was my 17-year-old sister. She was an outdoor girl and popular with the boys because she could often beat them at their games. She was very smart and had a way with animals. Her master plan for this summer was to train a young gray squirrel she had found in the woods to follow her around, sit on her shoulder and, if she was wearing a jacket, to climb into a pocket and curl up. Boys who came to call on her would end up with little gray squirrel sitting on their shoulders or on their flat-top haircuts. The little gray squirrel became a minor celebrity.

My sister also taught the little gray squirrel to come to the back door and run up and down the screen, plucking the screen with its sharp toe nails. That would alert anyone in the kitchen or anywhere in the cottage that it was hungry.

On this particular Saturday Father arrived after sun-up. He was very late and very tired. He had his snack, changed into his nightgown and went to bed. Mother later advised us that just as his head sank into the pillow there came from the kitchen screen door a wildly metallic clatter that penetrated father's sleep. He got out of bed and went toward the offending sound. He saw a little gray squirrel doing acrobatics on the screen and went into action. He yelled and batted the screen with his hands. The little gray squirrel didn't see any food, as my sister had taught it, so it continued the acrobatics.

In frustration father opened the screen door and shooed the little gray squirrel, but it continued its noisy and irritating acrobatics. Father then stepped out on the back porch. He kicked barefooted at the little gray squirrel which was clinging to the bottom of the screen. Father kicked at it again causing the skirt of his nightgown to fly up. The little gray squirrel interpreted that action as its cue to jump onto father's foot. He then ran up father's bare leg under his nightgown.

When mother told this story, she always said "more details are unnecessary." Then she would add that she "never knew that father could dance so energetically, especially on no sleep and one mug of moxie, but then, of course, there was that little gray squirrel.



Editor's note: While Vince has passed, we are happy to share with you memory a favorite he recounted with a twinkle in his eye. We all have memories, some funny, others serious and thoughtful. They may be from years long past of may as recent as yesterday. Consider writing your stories down, as Vince Harper did, and share them with your family and all the readers of the Sherborn Link. Send your submission to coa@sherbornma.org or the COA at 19 Washington Street.

Healthy Summer Habits



- Beat the sun and heat with an early morning or evening activity.
- Wear protective clothing, such as hats with broad brims all around, long-sleeve shirts and long pants or skirts, to block out the sun's harmful rays.
- Use sunscreen that blocks both UVA and UVB with a sun protection factor (SPF) of at least 15, preferably 30, and reapply frequently.
- Use sunglasses that block both UVA and UVB.
- Try to stay in the shade when outdoors during hours of peak sunlight.
- Drink plenty of water before, during and after exercise.
- Take advantage of seasonal fruits and vegetables and boost the flavor and nutrition of your meals with garden-fresh herbs from one of our town's farm stands— Dowse's Orchards on Main Street, Silverwood Farms on Western Ave. or Sweet Meadow Farm on Coolidge Street



Save the Dates!

September 15—October 27—10 am-noon

Learn steps you can take today which will help you increase your strength, muscle tone and overall health. Participation is limited; call the COA at 508-651-7858 to reserve your space.

Funded by MetroWest Health Foundation



New Caregiver Resource

Being a caregiver is a demanding job. To help caregivers with some of the issues they face, BayPath Elder Services has created an online resource tool. This web-based tool contains information and resources as well as the ability for care providers to "chat" with each other.

Log on to **www.caregivingmetrowest.org** to learn about local resources ranging from health and safety equipment vendors to town-specific programming and articles on health, legal issues and financial planning. Log on and learn!



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 varied routine that focuses on balance, flexibility and strength with each person at her/his own level.
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

TRY IT— First class FREE!! Then a \$3 donation is appreciated.

Or try something new for the summer!

- ♦ *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)
- ♦ **In Dover**—Mondays, Dover Town Library, 5:30 p.m. Wednesdays, Caryl Community Center, Dover, 11:30 a.m.
- ♦ **Water Aerobics and Aqua Gentle Joints**
- ♦ **At Longfellow Sports Club** outdoor pool— 8am Wednesdays & Fridays

Call COA office for more information

Interested in Chess?

Do you play chess and are looking for a partner? Have you always wanted to learn to play chess but needed someone to teach you the rules and some strategy? The COA is considering having a chess club. If you are interested, call the COA at 508-651-7858 and leave your name, telephone number & email address.



Bocce and Italian Ice



Interested in Bocce? Want to learn a sport that is fun to play with friends or the grandkids?

On **Friday, July 25** (raindate: August 1) we'll be back at the Bocce court which is behind Building 2 at Woodhaven. Come learn the **FUNDamentals!** We will have lunch at noon and for those who **PLAY** (beginning at 12:45 p.m.), we'll end our session with Italian Ice! Barbara Murphy and the Dover COA team will review rules and lead us in a game.

Call 508-651-7858 to reserve your spot!



SHERBORN FOREST AND TRAILS ASSOCIATION UPCOMING EVENT

Thursday, July 24 at 6 p.m.

Join in an interesting walk through the Barber Reservation with the focus finding and identifying edible plants. Professional forager Russ Cohen will educate and lead the walk.

For more information or to register for this event,, please contact Kelly McClintock at kelly.mcc@comcast.net

Podiatrist returns — July 23*

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, July 23, call the COA at 508-651-7858.**

*Note: the date has been changed.



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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JULY/AUGUST DROP – IN CALENDAR

During the summer, we will have garden parties, picnics (as weather permits) and lunches at Pilgrim Church. Please read the schedule carefully. **Please RSVP for Summer events.**

July 3 Garden Party- Judy Brodkin’s home- 76 Farm Rd. Lunch will be provided.

July 10 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. Donation for special event: \$3. *Please carpool as parking is limited.*

July 17 Lecture: Liliuokalani: Hawaii's Last Queen—Pilgrim Church Join Gary Hylander, professor at Stonehill College, and learn about the dynamic history of Hawaii and the abdication of its last queen in 1893.

Blood pressure at 11.30 a.m., provided by Natick VNA; sponsored by Bd. of Health
Program sponsored by New Pond Village Lunch: Sandwiches, drinks & dessert

July 24 WW2 History DVD and Commentary by Betsy Johnson—Pilgrim Church

Museum of World War II DVD narrated by Dan Aykroyd presents some of the 6,000 original artifacts and documents. Betsy Johnson will also share her insights on the Natick museum.

Lunch: Chef salad, bread/rolls, drinks and dessert

July 31 Garden Party– Joanne Halpin’s home—200 Lake Street. Please bring sandwich and chair. Salad, drinks and dessert will be provided.

August 8 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 14 Garden Party- Helen Braithwaite’s home, 111 Hollis Street. Please bring sandwich and chair. Salad, drinks and desert will be provided.

August 21 Summer concert with pianist Bob Pilsbury—Pilgrim Church

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

Healthy lunch sponsored by Senator Richard Ross’ office

August 28 End of Summer Picnic at Elm Bank, 900 Washington Street (Rt.16),

Wellesley Join us for picnic at Elm Bank and see Massachusetts Horticultural Society’s Gardens. Please bring sandwich. Fruit, drinks and dessert will be provided.



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Special COA Events



Thursday, July 10

The COA's famous BBQ with luscious grilled food and all the trimmings to celebrate Independence Day and Summer. See details on pg. 7.

Friday, July 25

Learn the FUNdamentals of **Bocce**
Come to learn more about a sport that is fun for all! Details on pg. 5

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

**Postal Patron
Sherborn, MA**

SUMMER WALKING SCHEDULE AND WALKING CHALLENGE

Nothing will get you energized more than a walk on a lovely summer's morn! Come join Sherborn's Walking Group and explore some new trails as well as our favorite walks. To pre-register or learn more about the program, please call the COA at 508-651-7858. ***We welcome seniors who are visiting—or adults who may be in town for a "staycation."*** Our summer walks are scheduled 1 hour earlier than usual to beat the heat. **Walks will start at 9:00 am.**

- ♦ July 7- Sabrina Lake in Waban with Bernie Hickey
- ♦ July 14- Leland Pond Trail in Sherborn with Chris Tullman (Sherborn Forest & Trail Assn)
- ♦ July 21- Upper Charles Trail in Milford
- ♦ July 28- Holliston Walk with Laila
- ♦ August 4- Natick Town Forest with Bernie Hickey
- ♦ August 11- Cedariver and Apple Knoll Farm with Nan
- ♦ August 18- Peters Hill with Chris Tullman (Forest & Trail Assn)
- ♦ August 25- Walden Pond in Concord with Peg Withol

WALKING CHALLENGE—Win Prizes for Walking!

Join the summer walking challenge for this SUMMER!
Each time you walk 10,000 steps your name will be entered for an end of month raffle!
The more you walk the greater the chance to win. Top prize is a \$25 gas card.

