

# Sherborn LINK



## November/December 2011

SHERBORN COUNCIL ON AGING  
 19 WASHINGTON STREET • SHERBORN, MA 01770  
 508-651-7858  
 COA@SHERBORNMA.ORG

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□ The COA office welcomes community news and is always looking for suggestions and information to put in our newsletter. The deadline for information is the 7th of every month. You can submit information to the COA



### Sherborn Celebrates Our Veterans

**An Invitation to Veterans and their Guests**—The Selectmen will be your hosts on **Veterans’ Day, November 11** at a celebration to thank and honor you for your service to our country. The program will begin with an Invocation by Reverend John Hudson followed by the Presentation of the Colors by the Sherborn Boy Scouts.

The highlight of the program will be the stories of two Navy veterans of World War II: Jack Ellsworth and Ken Smith. Jack served in the Navy in the Atlantic operations and Ken served on a submarine in the Pacific. Also featured are talks by Senator Richard Ross and Representative David Linsky. The winner of the annual high school essay contest on the subject, “What Veterans’ Day Means to Me” will be announced and the winning essay read.

The Nomads will add to the solemnity of the occasion by singing the National Anthem and other patriotic songs and Daryl Robins will play taps. Light refreshments will be served. The celebration will take place at 11:00 A.M. in the second floor meeting room in Town Hall.

**All Sherborn residents** are also invited to attend a Veterans’ Day celebration at an assembly of the sophomore and junior classes of D/S High School **on Tuesday, November 8 at 10:35 a.m.** in Mudge Auditorium. Veterans will be on hand to answer questions posed by the students, questions about the veterans’ background, their experiences while in service and the after-effects of the war on their lives. The program is part of the Natick Veterans Oral History Project and is organized by Tom Bourque of the Dover-Sherborn HS History Department.

**Sherborn Council on Aging**

Director: Karen Wellerson Juhl  
 Drop-In Director: Laila Vehvilainen  
 Elder Care Advocate: Linda Bellefeuille  
 Volunteer Coordinator: Ani Gigarjian  
 Tel: 651-7858 Fax: 651-7871  
 Hours: Monday, Thursday, Friday 8:00-4:00  
 Tuesday & Wednesday: 8:00-12:00 noon

**Sherborn Council on Aging Board**

- George Shea, Chairperson
- Sheila Bresnehan Vice Chairperson
- Doug Brodie, Secretary
- D. Paul Leitch, Treasurer

**Board Members**

- Phyllis Braun • Frank Davidson • Sue Peirce • Jean Rosseau •
- Chris Winterfeldt

**Associate Members**

- Ann Bekebrede • Shelley Cantor • Sonia Goldsmith
- Ruth Johnson • Debra Kennedy • Edna Roth • Sue Spence •
- David Sortor • Ingela Svensson • Martin Waters

*Providing comprehensive services to help Sherborn's seniors remain independent, engaged and active in our community*

**Sherborn Senior Transportation Service**

If you are a Sherborn senior (or visiting family in Sherborn and age 60 or older), leave the driving to us! For a reasonable rate, we can take you just about anywhere you want to go—even to Boston for medical appointments. Simply purchase tickets from the COA and call JFK Transportation at 508-653-4500 at least 48 hours in advance, and you will be on your way!

- **Hours of service:** 6:30 a.m. to 5:00 p.m. Mon-Fri.
- **Cost of Local Rides (each way):**  
 Sherborn: 1 ticket  
 Ashland/Dover/Natick/Framingham/Medfield/Holliston: 2 tickets  
 Weston/Wellesley: 3 tickets  
 Newton/Needham/Milford/Hopkinton: 4 tickets
- **Ticket price:** 10-ticket punch card can be purchased for \$30 from the COA by mail, or in person at the COA office at 19 Washington St.
- **Cost of Medical Rides to Boston:**  
 One Way - \$20 Round Trip - \$40  
*Special medical tickets* are required for rides to Boston. These are available by mail or in person at the COA office at 19 Washington St.

**Questions?? Call the COA: 508-651-7858**

**Community News****The Cornerstone Forum  
at the Community Center on  
November 6th at 4 p.m.****"DIGITAL REVOLUTION"**

From starting Global Post to covering Egypt's revolution.

Sherborn's own **Charles M. Sennott**, a longtime foreign correspondent, who has reported on the frontlines of Afghanistan and Iraq and most recently the 'Arab Spring' is now a pioneer in new media. Sennott is the Executive Editor and co-founder of GlobalPost, a new on-line international news site which has received considerable industry acclaim since its launch nearly three years ago. Sennott will discuss starting GlobalPost and the "digital revolution" that is taking place in journalism today. Just back from Cairo, where he has been covering Egypt's 'January 25 Revolution' and the lead up to elections there, Sennott will also delve into how the pro-democracy demonstrations in Egypt earlier this year marked a turning point in the use of social media, such as Facebook, to affect change.

**HELP!** Whichcrafters needs your unused yarn—we're running out. We knit mittens, scarves, sweaters and hats to send to Appalachia, to be given to children who don't receive many gifts at Christmas. We welcome any amounts of your leftover worsted-weight, synthetic yarn (no wool).

Please drop yarn off at the COA office (basement of Town Hall).

You are also welcome to join us on Wednesdays, 1-3 p.m. in the Woodhaven Community Room.





One of

## *Sherborn's Notable Elders*

### **Bess Rowell**

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

Bess Rowell may have forgotten some of the details, but this is how the ninety-eight year old Woodhaven resident describes her long life

“Life has been good to me” she says, “and I’m glad I’m still here.” Notwithstanding those 98 birthday celebrations, she is still engaged in living each day as fully as possible and being a “good sport” about it! The sub-text of her words is that she is in possession of exceptional physical and mental capacities and finds great satisfaction in having chosen Sherborn as her retirement community and the apartment at Woodhaven as her home. She and her husband were among the first occupants of Woodhaven 38 years ago and within that small community they found support and friendship and many opportunities to socialize, something that Bess has always loved to do.

Bess was born the ninth of thirteen children in a small town in New Brunswick, Canada where her father owned a shoe factory. She was officially named Bessie and she quips that by the time she came along, her parents were probably running out of names. She met her future husband, Edward Rowell, at her sister’s wedding; he was the groom’s brother. What could be more natural than for two sisters to marry two brothers and so it was that Bess and Edward tied the knot in 1939 and moved to New York City.

Bess was excited by the changes in her life: being married, moving to the U.S., living in New York City and in 1945 becoming an American citizen. After their two boys, Edward Jr. and Clark, were born, the family moved to Madison, New Jersey to provide a better environment for the children, but this was only the beginning of their travels. Edward was an engineer and was asked by the Arabian American Oil Co. to move his family to Saudi Arabia. Bess enthusiastically embraced the idea as an adventure. The family lived in an American compound where all the essentials of American life were available including schools where the curriculum and the teachers were American, and golf courses where Bess would learn to play on sand without a blade of grass! The family could travel from compound to compound within Saudi Arabia, but to Bess’s disappointment they were not allowed to enter the capital city of Riyadh because they were considered infidels.

During vacations the Rowell family travelled in many of the countries along the Mediterranean: Italy, Greece, Lebanon, the holy lands. They travelled by ocean liner to and from the U.S. making their final trip home after six years abroad. Edward, Jr. was 15 then and ready for high school, but education beyond eighth grade was not available on the compound and Bess and Edward rejected the idea of separating the family.

After their foreign adventure, the Rowells lived for a time in Pennsylvania and then settled in Wellesley while Edward worked at Stone and Webster. They had moved many times, but for Bess it was fun because she is a person who embraces change, welcomes new experiences and easily makes new friends.

Today Bess thinks that Woodhaven is the perfect final home for her. She is on her own now that Edward has passed away but her outgoing personality welcomes the opportunities at Woodhaven to interact with others. Both of her sons live close by in Wellesley and together with two grandsons and one granddaughter they are very much a part of her life, a life still rich and full and satisfying.

*Ann Bekebrede*

## Important Health Care and COA News....

### ***The Medicare Open Enrollment ends on December 7th!***



Every year, Medicare Part D and Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, and deductibles. It's important to review your options EVERY year to make sure you have the plan that works best for you.

Some of the bigger changes to Medicare plans in our area for 2012 are:

- Seven Medicare Part D plans are leaving and three new ones are entering. ***If you are a member of a drug plan that is leaving, you need to make certain that you have a new drug plan for January 2012.***
- *Humana Walmart-Preferred Rx Plan* (currently \$14.80/month) will still have the lowest monthly premium of all the stand-alone drug plans (\$15.10/month in 2012).
- Medigap Supplements will increase their monthly premiums slightly.
- Two new Medicare Advantage plans will be added – a Blue Cross/Blue Shield HMO and a Fallon HMO.

Trained SHINE (**S**erving **H**ealth **I**nformation **N**eeds of **E**lders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the COA at 508-651-7858 and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.

### **The Podiatrist Comes to Sherborn**

Dr. W. Clayton Cooper comes to Sherborn six times a year—on an every other month basis—to do foot care for seniors. He is available to make home visits—at a charge of \$50 per person— or on-site visits at the Woodhaven Senior Housing Community Room (the back of 2 Village Way) for \$30. You need to call the COA at 508-651-7858 *in advance* to schedule an appointment. Appointments are on a first-come, first served basis.

His scheduled visits begin at 12:30 p.m. and run until the last person has been seen (typically 3 p.m.). His next scheduled visit will be on **Wednesday, November 9**. Podiatrist visits for 2012 are scheduled for January 11, March 7, May 9, July 11, September 5 and November 7.

### **Coping With Loss Support Group**

If you have experienced a loss or are facing a health-related challenge and would like to be part of a supportive group, plan to attend the *Coping With Loss* support group. The group, facilitated by Linda Bellefeuille, COA Elder Advocate and Social Worker, will meet at 11:30 a.m. in the Cooney Room at the UUAC Church (11 Washington Street, Sherborn) on the following dates- October 26, November 9, and November 23, December 7 and December 21, January 7 and January 18.

### **Shared Sunday**

Due to holidays, our Shared Sunday will be happening on only once a month— November 13 and December 11.

If you have never been to a Shared Sunday meal, you are missing a great opportunity for a delicious meal from the Sherborn Inn (or other local eateries) for just \$5! The dinner is held in the Community Room of Woodhaven. The meal is served at 1 p.m. Please call the COA for a reservation.

## Sleeping Well This Holiday Season



A good night's sleep can make a big difference in how you feel, especially during the holiday season. Here are some suggestions to help you from National Institutes on Health, Senior Health:

- Follow a regular schedule -- go to sleep and wake up at the same time, even on weekends. Sticking to a regular bedtime and wake time schedule helps keep you in sync with your body's circadian clock, a 24-hour internal rhythm affected by sunlight.
- Try not to nap too much during the day -- you might be less sleepy at night.
- Try to exercise at regular times each day. Exercising regularly improves the quality of your nighttime sleep and helps you sleep more soundly. Try to finish your workout at least three hours before bedtime.
- Try to get some natural light in the afternoon each day.
- Be careful about what you eat. Don't drink beverages with caffeine late in the day. Caffeine is a stimulant and can keep you awake. Also, if you like a snack before bed, a warm beverage and a few crackers may help.
- Don't drink alcohol or smoke cigarettes to help you sleep. Even small amounts of alcohol can make it harder to stay asleep. Smoking is dangerous for many reasons, including the hazard of falling asleep with a lit cigarette. Also, the nicotine in cigarettes is a stimulant.
- Create a safe and comfortable place to sleep. Make sure there are locks on all doors and smoke alarms on each floor. A lamp that's easy to turn on and a phone by your bed may be helpful. The room should be dark, well ventilated, and as quiet as possible.
- Develop a bedtime routine. Do the same things each night to tell your body that it's time to wind down. Some people watch the evening news, read a book, or soak in a warm bath.
- Use your bedroom only for sleeping. After turning off the light, give yourself about 15 minutes to fall asleep. If you are still awake and not drowsy, get out of bed. When you get sleepy, go back to bed.
- Try not to worry about your sleep. Some people find that playing mental games is helpful. For example, think black -- a black cat on a black velvet pillow on a black corduroy sofa, etc. Or, tell yourself it's five minutes before you have to get up and you're just trying to get a few extra winks. If you are so tired during the day that you cannot function normally and if this lasts for more than 2 to 3 weeks, you should see your family doctor or a sleep disorders specialist.

**Source:** National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the National Institutes of Health (NIH), 2011. Additional information available at <http://nihseniorhealth.gov/sleepandaging/toc.html>



## NOVEMBER DROP-IN CALENDAR

Drop-In is held every Thursday at noon in Pilgrim Church. Lunch is served from 12:00-12:30 p.m. followed by a presentation or activity. Please call the Council on Aging for more information- 508-651-7858.

### Nov 3 **Harvest Festival**

It's that time of year! Join us for a fun and interesting Harvest Festival and learn about Sherborn's past harvests!

**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 to provide support for the school. Please RSVP to the COA Office.

### Nov 10 **Special Theatrical Performance of "Atticus"**

Acclaimed actor Richard Clark will portray Atticus Finch from "To Kill a Mockingbird." Mr. Clark will bring to life the tragedy and triumph of Atticus as a loving father, compassionate friend and uncompromising attorney. Suggested donation for special event: \$3.00. Please RSVP to the COA Office. This program is provided by a grant from the Sherborn Cultural Council.

**Lunch:** Lasagna, salad and fixins' provided by Joy Hancock.

### Nov 17 **Health Lecture: "Understanding Knee Arthritis"**

Carol Pietromonaco Murfin is a Physical Therapist and owner of "Back to You Physical Therapy" in Sherborn. She will talk about what arthritis is and the latest treatment and management options. She will also discuss the importance of exercise and any questions regarding arthritis you may have. Carol has a BS in Physical Therapy from McGill University and her MBA from Babson College. Carol has been practicing Physical Therapy for 15 years.

**Blood pressure clinic** at 11:30 a.m., provided by Natick VNA and sponsored by the Sherborn Board of Health.

**Meal providers:** Ann Bekebrede and Mary Ellsworth

### Nov 24 **THANKSGIVING-NO DROP IN**



*A Special Thank You to Roche Brothers for their bakery donations*



## DECEMBER DROP- IN CALENDAR

Drop-In is held every Thursday at noon in Pilgrim Church. Lunch is served from 12:00-12:30 pm followed by a presentation or activity. Suggested donation is \$2.00. Please call the Council on Aging for more information- 508-651-7858.

**Dec 1**

### **Legal Chat: "Your Legal Question Answered"**

Holidays are a great time to talk to family about things that are important to you. Come meet with George Shea, attorney and COA Board Chairman, and bring your questions about health care proxy, living wills, and other vital documents. He will also discuss "My Living Legacy," the comprehensive, one-stop document containing pertinent personal, health, financial and legal information. Copies will be available for those who have not received one.

**Lunch:** Soup by Grace Shepard and salad by Nancy Barsamian

**Dec 8**

### **Holiday Party 12:00-2:00 p.m.**

Jack Craig, a popular musician and educator, will entertain us with stories behind our holiday musical favorites and lead us in a sing a long.

### **Holiday Potluck lunch**

**Dec 15**

### **Holiday Greens Workshop by Boggastow Garden Club**

Learn how to make beautiful holiday greens arrangements to decorate your home. Club members will walk you through a simple step by step process to make these arrangements.

**Blood pressure clinic** at 11:30 a.m., provided by Natick VNA and sponsored by the Sherborn Board of Health.

**Lunch:** Vegetarian chili and corn bread provided by Boggastow Garden Club.

**Dec 22**

### **Holiday concert by the Music Makers**

Hear and enjoy the season's favorite songs!

**Lunch:** Peter and Evelyn Liffiton

**Dec 29**

### **Auld Lang Syne Bingo and 2011 Trivia with special prizes.**

### **Birthday Celebration**

**Lunch:** Pizza and Italian New Year's salad!

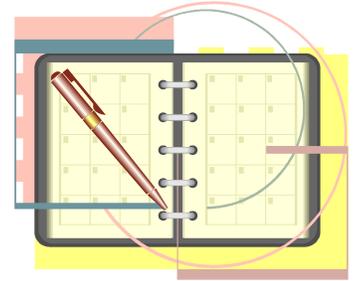
# HOLIDAY 2011

The COA has lots of activities during the holiday season but only **one** newsletter to get you through two months! Please save this issue until early January so you don't miss any of the good times we have planned!

Mon	Tue	Wed	Thu	Fri
Lunch with COA Woodhaven 12:30 p.m.	9:15-10:30 a.m. Exercise w/Linda	10:00 a.m. Polarity Yoga 1:00-3:00 p.m. Whichcrafters	9:15-10:30 a.m. Exercise w/Linda 12:00 p.m. - Drop-In Lunch	
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	<b><u>St. Theresa Church</u></b> <i>Exercise</i>	<b><u>Woodhaven Community Room</u></b> <i>Yoga</i> <i>Whichcrafters</i>	<b><u>Pilgrim Church</u></b> <i>Drop-In Lunch</i>	

## Let's Make a Date....

- To go shopping
- To celebrate the holidays with friends
- To voice your opinion
- To talk to your family about important issues



### **Free trips to the Natick Mall, Sherwood Plaza or Shoppers World**

**(thanks to the generosity of the FRIENDS of the COA)** The JFK van will leave from the front of Sherborn Town Hall at 10 a.m. and return by 2 p.m. Reserve your spot by calling the COA at 508-651-7858. **Trip dates** are Mondays, November 7 & 14; and Tuesdays, December 6, 13 and 27.

### **Have Breakfast with a Selectman on Friday, December 9 at 8:30 a.m.**

Calling all concerned citizens! This month, Selectman Paul DeRensis will be available to listen to your concerns, discuss current town issues or talk about whatever "hot topics" are on the Selectmen's agenda. Come for coffee and a muffin. Don't miss the opportunity to let your thoughts be known!

### **COA holiday trip to the Festival of Trees and the Sherborn Inn on Friday, December 2**

Join us as we take an 11 a.m. tour of the beautiful decorated trees at Elm Bank (Wellesley) and then head to the Sherborn Inn for a special holiday luncheon with friends, old and new. Cost: \$30. Call the COA to reserve your place.

### **My Living Legacy is available to Sherborn seniors, free of charge.**

The Council on Aging has developed a special book which provides you with a place for all your important financial records as well as a record of your health-care proxy and a space to discuss your final wishes. This book has been an invaluable resource for many of your friends and neighbors. If you don't have a copy, you should! Stop by the COA (our office on the lower level of Town Hall) or if you no longer drive, give us a call at 508-651-7858 and we'll deliver one to your door! The time to speak to your family about your future is *now!*

### **WATER EXERCISE CLASSES AT LONGFELLOW SPORTS CLUB**

**A new 6-week water exercise session will begin January 6th at 10:30 a.m. Cost: \$60. Call Laila at the COA office— 508-651-7858 for more information.**



**BRIEFCASE BREAKFASTS**

For those thinking about retirement or interested in learning about the benefits of retirement.

Are you thinking about retirement or have you retired recently? Are you confused about Medicare and/or Social Security? Then plan to attend two very important programs at the HOLLISTON Senior Center this November.

On **Tuesday November 15, at 8:30 a.m.**, Gregory Mills of **The Social Security Administration** will discuss:

- Social Security funding issues
- Qualifying for benefits
- Basic Retirement Calculations
- Spousal and family Benefits
- When and How to file for benefits.

On **Tuesday November 22 at 8:30 a.m.**, Denise Roskamp, of Metro West SHINE, will discuss **Medicare:**

- What is it
- What it covers (and what it won't cover)
- When do you need to apply.
- What happens if you don't apply when you are eligible

**To sign up, please call the HOLLISTON Senior Center at 508 429-0622.** The Holliston Senior Center is located at 150 Goulding Street which is just 10 minutes from Sherborn Center. Coffee and donuts will be served and a \$2 donation would be appreciated. Seating will be limited, so please sign up in advance.

The Beginning and Ending of Life

*By Natalia Kaktins*

It was a sultry Monday morning toward the end of July and Joan Rothney and I, clinging to shade, were weeding under the memorial trees at Woodhaven. We were working under the second Kousa dogwood when we saw an intriguing leaf attached to the trunk. On closer scrutiny, we discovered that it was a hard, brown casing attached to the bark and something was emerging from its middle. The creature was belly up with miniscule light-colored aqua wings. Was it alive, or was the lazy breeze making the tiny wings flutter? No, it was definitely alive, because it shook two of its six legs.

Joan and I were mesmerized! This tiny entity moved a bit and then rested, totally motionless. Emergence must have been hard work. As it grew larger we could see two large black beady eyes and three tiny red dots in a triangular formation in the area between the eyes.

Joan hurried to get her camera. By the time she returned our little friend had wiggled out of its shell, flipped over and was cleaving to the bark just above its chrysalis. It was fairly large with geometric patterns on its back, and fascinating wings. The top wings, which just a moment before were tight balls, stretched and grew before our very eyes. They resembled those of a damselfly—gossamer, translucent with delicate patterns edged with light turquoise and soft pink. The lower wings, half the size of the upper, were a milkier white.

We watched as the insect slowly made its way up the tree, resting at intervals. Joan explained that it was drying its wings to enable it to fly away to look for a mate. We pondered whether or not it was beneficial but after this awesome experience, neither Joan nor I would have destroyed its fledgling new life.

Joan called The Audubon Society and discovered that it was a cicada (in Latin: tree cricket). She was informed that we were privileged to view a birth few get to see. In North America the cicada has a 17-year cycle, living underground as a nymph for most of its existence and finally emerging as an adult in late July (therefore often called dog day) to mate, to lay eggs and, having fulfilled its role, to die.



*Wishing You and Yours all the Joys of the Holiday Season!  
The Sherborn Council on Aging Board and Staff*



Friends of the Sherborn COA  
2nd Annual

## Holiday Gift Bazaar and Gourmet Cookie Sale

**Saturday December 3rd**

9:00 AM - 3:00 PM

Two floors of Quality Vendors  
Gourmet Cookie Sale  
Silhouette Portraits

Sherborn Community Center  
1858 Town House  
3 Sanger Street, Sherborn, MA 01770

For more information please visit:  
[www.friendsofsherborncoa.org](http://www.friendsofsherborncoa.org)



### A Very Special Celebration

The Sherborn Police  
Department invites all

Sherborn seniors to share a  
holiday meal with them on  
**Sunday, Nov. 20** at 1  
p.m. at St. Theresa's Rec-  
reational 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!



### Make your Own Holiday Cards



Everyone loves to get cards at  
the holidays Why not treat your  
friends to something special?  
Stacey Sack will bring all the sup-  
plies you need to make beautiful  
holiday cards. Come join us on  
**Monday, November 14 at  
1:15 p.m.** in the Woodhaven Community  
Room. You don't need to be "crafty". Please  
COA at 508-651-7858 to reserve a spot so  
Stacey will know how many supplies she  
needs to bring. No cost to attend

Come Trim the Woodhaven  
Christmas Tree on **Wednesday,  
December 7 at 1:30 p.m.**



### It's great to have FRIENDS!

When I count our blessings this time of year  
one of the things I am most grateful for is the  
support for Sherborn's seniors. In addition to  
the COA Board, we could ask for no more vocal  
and generous supporters than the FRIENDS of  
the COA. They help fund our Lifetime Learning  
program, contribute to our transportation pro-  
gram and help fund respite care to make life for  
caregivers. This year they are also getting sen-  
iors to the mall for holiday shopping (see page  
9). By shopping at the FRIENDS Holiday Bazaar  
and Cookie Sale, you are not only helping the  
FRIENDS as they support Sherborn seniors, but  
you are supporting local artisans and treating  
friends and family to a truly unique gift. See  
page 11 for details

### As a reminder....

When the Sherborn schools are closed, there  
will be no COA programs or activities.



Postal Patron  
Sherborn, MA 01770

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