



Sherborn *LINK*

JUNE 2012

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DO YOU HAVE NEWS?

If you represent a community organization and would like your activities posted in the *LINK*, please send us your information by **the first** of the month.

Meet Our Volunteer of the Year—Pat Cassell!

Congratulations to **Pat Cassell** for deserving the 2012 Volunteer of the Year Award for her outstanding contributions to the Council on Aging. The award was presented at COA's Volunteer Luncheon on May 17.

Pat is the epitome of volunteerism—she sees some thing that needs to be done and takes it as her personal responsibility to get it done. She is the technical arm of our Lifetime Learning program. She attends every class miking the presenter so that everyone can hear, and she tapes as many program as she can to share with homebound seniors on town-wide cable TV station.

Pat is also the COA's unofficial photographer. She comes to all significant COA events—from the Harvest Fest in the fall to the Garden Parties in the summer and all notable programs in between to chronicles everything that goes on. Annually, she creates a DVD entitled, "COA: Year in Review" which is shown at Drop-In to the delight of the participants.

Pat's gift of her time and energy extends beyond the COA. She was one of the Founders of the Community Center Project that saved one of Sherborn's historic buildings and transformed it into a Community Center. In the 90s she was instrumental in getting the Farm Pond Committee started and is now involved with saving and restoring the pump house on Farm Pond (see photo).

Space does not allow full recognition of all the Pat does for her town, but we want to thank her for Everything!





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

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

Board Members

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

Associate Members

- Ann Bekebrede • Shelley Cantor • Sonia Goldsmith • Ruth Johnson • Deborah Kennedy • Edna Roth • David Sortor • Susan Spense • Ruth Stewart • Ingela Svensson • Martin Waters

COA Staff

- Karen Juhl, Director • Laila Vehvilainen, Program Director • Linda Bellefeuille, Elder Advocate

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, 19 Washington Street). Office hours are below.

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

**40th Annual Sherborn Arts & Crafts Fair
 Saturday, June 2nd**

The Sherborn Arts & Crafts Fair arrives every spring bringing families, friends, artisans, crafters and community groups together for a festive day. This year, the fair celebrates its 40th Anniversary on **Saturday, June 2nd from 9 a.m. to 4 p.m.** It's an event you won't want to miss.

The Arts & Crafts Fair typically draws an average of 90 to 100 local artisans and crafters. Fairgoers can purchase, at unbeatable prices, a wide variety of annuals, perennials, herbs and vegetable plants donated by local nurseries and by some of Sherborn's best gardeners.

The fair is organized and run annually by the Friends of the Sherborn Library and is usually scheduled in May. But most Sherborn residents ruefully remember notorious weather that has dampened some fairs in the past. This year the Friends have scheduled the Fair for June 2nd hoping to escape May showers.

Come and peruse the arts and plants booths. Stop by community booths. Spend time in the children's area.

This year, Sherborn residents can reminisce about past Fairs. If you have memories, anecdotes or pictures from past fairs, please share them with us at friends_sherbornlibrary@verizon.net, or provide a written copy to Donna Bryant at the Sherborn Library (4 Sanger St, Sherborn, MA 01770). A special display is planned for the 40th Anniversary.

Admission is free! Parking is available at St. Theresa's and Pilgrim Church. Please put the Sherborn Arts & Crafts Fair on your calendars.

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.

LINK READERS SPEAK



The “Ladies” of South Pond Cabins

By Panny Nichols

Each morning at 7:00 a.m. sharp, I awoke to the clanging of a bell announcing the beginning of a new day at South Pond Cabins, my grandmother’s summer camp for boys. My sister and cousin and I would wait eagerly to find out who would be our table boy for the day. We’d keep our fingers crossed that he would be one of our “favorites.” We knew from years of “training” that we were forbidden to have “favorites.” “The pudgy, quiet boys need your friendship the most,” we were reminded each summer, but as we got older, we realized that this was not the norm.

We three granddaughters would join the camp boys and their counselors—handsome, sporty college “men”—for breakfast in the big dining room. We always sat at table 10; a small table in the rear corner with my mom in charge...and the assigned table boy. If we chose the right chairs, we had a full view of the whole room!

After breakfast we were allowed to join the boys in their various activities except for two: their early morning skinny dips and their overnight camping trips. The ladies were to stay on the property, we were reminded year after year, but we had the *privilege* of making a zillion sandwiches for their picnics. We’d line up the bread two by two; spread the peanut butter and jelly right up to the edges, wrap them deftly in wax paper, all the while rehearsing our rendition of “Sentimental Journey.” We were hoping to perform in front of the whole camp at one of the nightly campfires even though we knew that ladies did not “perform.”

We did “perform” in the horse shoe pit, at the ping pong table, in water meets, sailing races, crew and row boat races and tennis tournaments. We were trusty score keepers at their ball games and got to yell out who was up next! We always hoped one of our “favorites” would come over and check the “stats.” Then we’d make him appear smart. “Was that hit a FC (fielder’s choice) or an error by

the shortstop” we’d ask—anything to keep him there longer.

Capture the Flag was one activity we three granddaughters loved, but we always had qualms when the time came to pick teams. Invariably we’d be chosen for the shirtless team. (This was before the days of fancy uniforms.) Snickers would ripple through the boys, but lucky for us, we’d be traded to the shirts!

One of our special treats was to run the Sunday-night candy store. Before supper we would set up in the back of the office. Excused from supper early we’d rush up the rooted, pine-needle-covered path hoping to get to the back door before any fleet-footed boy. We were to permit only two boys in at a time and to keep back of each boy as they came through. For ten cents each boy could choose two candy bars specially selected by us. Even our “favorites” were allowed only two.

Each day came to an end around the campfire with ghost stories told by a special uncle. The shadows would lengthen, an occasional owl might be heard in the near woods and we’d all draw closer together around the dying fire. At some special campfires, we three ladies got to pass out marshmallows to all. “Remember, only two each,” we were told. Well! What about our “favorites?” Could we slip them another on the sly?

On an occasional night after campfire a cabin and their counselor would be asked to join us ladies for parlor games in the big living room. We were the hostesses and taught them all our most special games: Buzz, I Pack My Grandmother’s Bag, Huckle Buckle Bean Stalk, Meet the Joneses, Pass the Scissors, to name a few. Of course, we always hoped a “favorite” would be there.

Bedtime would soon come and we’d be escorted off to our cots in the back sleeping porch and listen to the whippoorwill as we drifted off to sleep, eagerly awaiting the clanging of the morning rising bell and the beginning of another day at South Pond Cabins!

Attention LINK Readers

Please send your essays, memoirs, stories, opinions to “Readers Speak”
COA, 19 Washington Street, Sherborn, MA





When Hearing is a Problem...

Hear Ye, Hear Ye! Do you recognize the International Symbol of Access for Hearing Loss? It is estimated that thirty-two million Americans have some degree of hearing impairment; one in ten have significant hearing loss. On March 15, 2011 the Department of Justice (DOJ) issued revised **Americans with Disabilities Act** regulations that affect the obligations of Title 11 public entities (state and local government chambers, court rooms etc.) and Title 111 private businesses (places of public accommodation, theatres, performing arts auditoriums etc.) to furnish appropriate auxiliary aids and services for individuals with hearing disabilities. To learn more about the full scope of the law contact the Massachusetts Office on Disability, Voice 617 727-7440 or TTY 800 322-2020.

Under the law, all assembly areas where auxiliary aids or services are installed must be marked by a sign including the **International Symbol of Access for Hearing Loss** shown above. The type of auxiliary aid or service necessary to ensure effective communication will vary in accordance with the method of communication used by the individual; the nature, length, complexity of the communication involved; and the context in which the communication is taking place.

Although places of worship are exempt from the law, the UUA Church recently installed an FM system (using radio waves). They currently have four receivers that work with both headphones and "current loop" transmitters. The current loop transmitter is a loop of wire that a user wears around his/her neck and plugs into the receiver. This creates an energy field that is picked up by tiny coils (a telecoil) in the hearing aid. When the telecoil is turned on, the wearer experiences clear sound from the microphone. Even individuals who have difficulty hearing but are not fitted with hearing aids would benefit from using the headset and receiver. Anyone interested in experiencing this technology can visit the church and an usher will assist you. The Pilgrim Church also offers an assisted listening device that consists of an FM receiver and a hang on-earphone for the outer ear.

Although these technologies are important improvements for users, they cannot match the effectiveness of the **Hearing Loop**. A hearing loop is a thin strand of copper wire installed on the floor around the perimeter of the room. It radiates an electromagnetic signal that can be picked up by a tiny receiver (a telecoil), which is built into most of the newer hearing aids and cochlear implants. When the hearing aid is turned on to the telecoil, the hearing aid receives only the sound coming from the microphone. All background noise is eliminated.

The Hearing Loop has been making advances in the United States but its use here lags far behind Great Britain and the Northern European Countries where it can be found everywhere from Westminster Abby to the back seat of taxi cabs. We have fallen behind in this technology because Medicare does not cover the cost of hearing aids. It does cover the cost of cochlear implants but under rigid guidelines. Health Insurance companies may or may not cover the cost of a hearing aid.

It is time for an increased awareness of the new technologies and the ADA law. The American Academy of Audiology and the Hearing Loss Association of America are mounting public education campaigns towards this goal. **No individual with hearing loss, whether participating in a public or private venue, should be denied the enjoyment of clear sound and clear speech. Every individual with hearing loss has the right to inclusion and full participation.**

Remember "It's the Law."

Joan A. Rothney

Member Disability Advisory Council, Sherborn, MA



SHERBORN COUNCIL ON AGING June Drop-in Calendar

Garden Party Season begins in June! Please read the calendar carefully to see where we are holding Drop-in Lunch. We will be "out in the gardens" for the first two weeks; the last two weeks we return to Pilgrim Church. Lunch is served at noon and a presentation or activity begins at 12:30 p.m. Call the Council on Aging for more information- 508-651-7858.

- June 7 Peace Abbey Picnic**
Enjoy the beautiful and serene surroundings of the Abbey's grounds. Lewis, Dot and friends will once again cook a Vegetarian lunch for us. Please bring a chair. ***Please RSVP to the COA.***
- June 14 "Enjoying the Peonies" Garden Party**
Enjoy peonies in bloom at the Willis' home at 177 Farm Road! **The garden party will be organized and hosted by Sally Willis, Sandy King and Joan Dunn.** Lunch provided. Please bring chair. ***Please RSVP to the COA.***
- June 21 "Celebration of Summer Solstice"**
Join us for a program filled with music and fun.
11:30 a.m. Blood Pressure Clinic by VNA nurse and sponsored by the Sherborn Board of Health
Lunch provided by Evelyn and Peter Liffiton.
- June 28 Arm Chair Traveler: " Tales from Thailand"**
Sherborn resident and photographer Jim Nelson returns to share more tales about his travels in Thailand. He will show a photo montage/DVD from his adventure.
Lunch: Thai rice and salad

Special Thank You to Roche Bros. for their donation of baked goods.



Garden Parties start this month!

What a wonderful way to spend a summer's day! We hope you will join us as we lunch in some of Sherborn's most beautiful gardens. Bring your sandwich and a chair as Drop-In moves outside for the summer! COA will provide drinks and dessert.

Holiday BBQ: Thursday, July 5

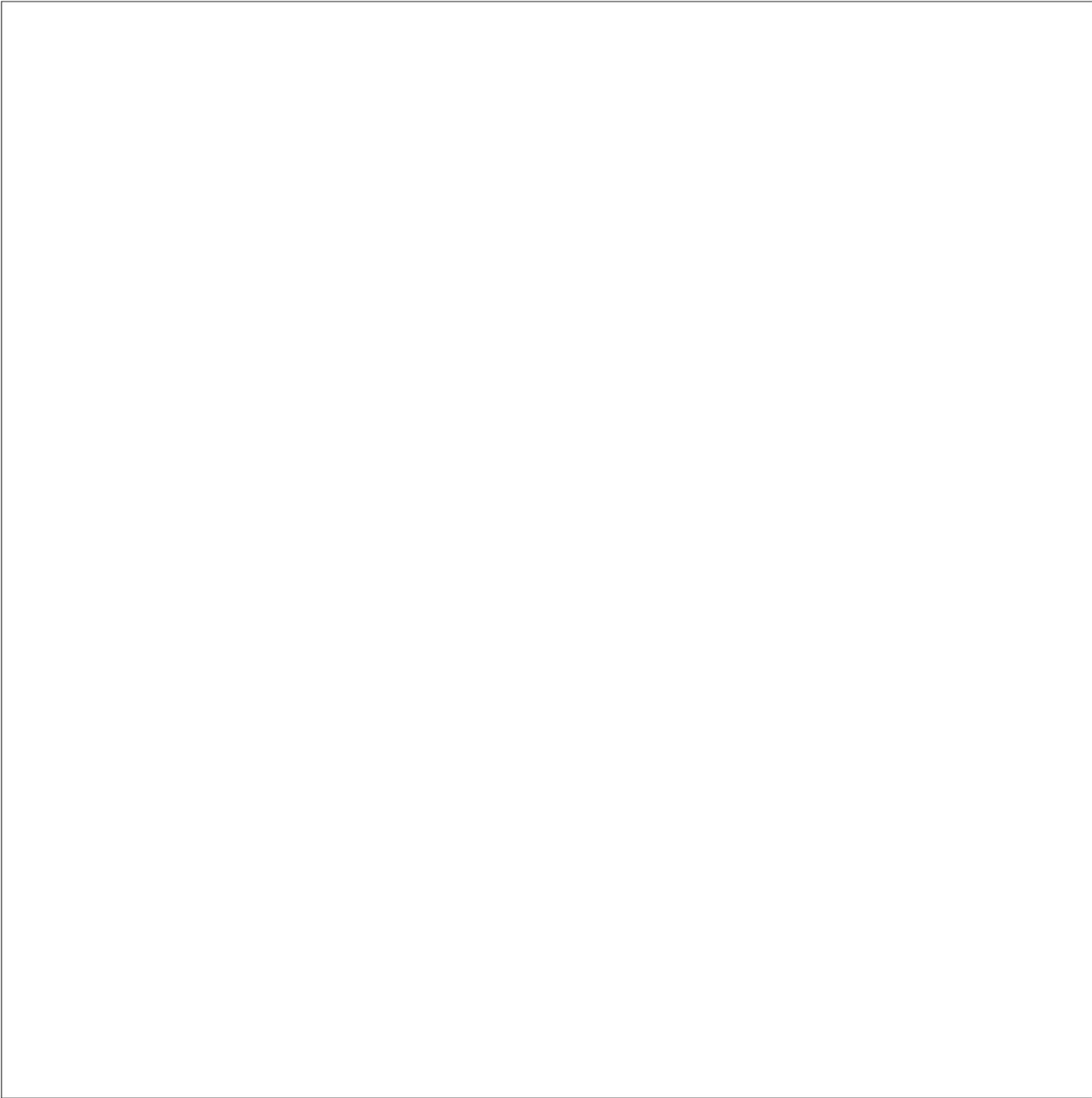


Please save the date and plan to join us for our annual salute to summer! Bring a friend, your chair and come join us at the Woodhaven Senior Housing complex (Village Way in Sherborn). ***Please carpool if you can; parking is limited!***

JUNE 2012

It's time to exercise! Now that the weather is nice, consider coming to exercise or yoga class. It's a great way to improve your health and meet new friends! Note the new time for exercise and now both exercise classes are being held at St. Theresa's Church. Join the fun!

Sun	Mon	Tue	Wed	Thu	Fri
Woodhaven Whichcrafters Bridge Shared Sunday	St. Theresa's Exercise Yoga Pilgrim Church				1 Party Bridge 7 p.m. Woodhaven
3	4 12:30 Lunch w/ COA @ Woodhaven	5 9:15 10:15 a.m. Exercise w/Linda	6 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	7 9:15 a.m. Exercise 12 noon— Drop-In Lunch	8
10	14 12:30 Lunch w/ COA @ Woodhaven	15 9:15-10:15 a.m. Exercise w/Linda	16 10 a.m. Polarity Yoga 1 p.m. Whichcrafters	17 9:15- Exercise w/Linda 12:00 noon - Drop-In Lunch 12 noon—Drop-In Bridge	15
17	21 12:30 Lunch w/ COA @ Woodhaven	22 9:15-10:15 a.m. Exercise w/Linda	23 10 a..m. Polarity Yoga 1 p.m. Whichcrafters	24 9:15-10:15 a.m. Exercise w/Linda 12 noon—Drop-In Lunch	22
24	25 Holiday COA office closed 	26 9:15-10:15 a.m. Exercise w/Linda	27 10 a..m. Polarity Yoga 1 p.m. Whichcrafters	28 9:15- Exercise w/Linda 12:00 noon - Drop-In Lunch 12 noon—Drop-In Bridge	29



**Share your backyard
 beauty with others!**

Consider hosting a COA

garden party at your home
 this summer, Please call Laila
 the COA: 508-651-7858

Parties can be scheduled
 during the months of July,
 August or early September.
 All that is required of the
 host/hostess is a spot of
 green! The COA brings
 drinks and desserts and the
 seniors bring their own
 lunch. It's a great opportu-
 nity to move our
 summer drop-ins
 outside, enjoy na-
 ture's beauty and
 a summer breeze!



SUMMER TRAVELS WITH THE COA

TRIP TO ROCKPORT – Thursday, June 28

Attend an open rehearsal of the Boston Symphony Chamber Players at the
 Shalin Liu Performance Center or visit the art galleries and shop. Departure at
 10:15 a.m. from Sherborn Town Hall; return home by late afternoon. Cost \$40
 (covers lunch & bus, concert is free). RSVP by June 15. Call the COA at 508-651-7858 for more info.

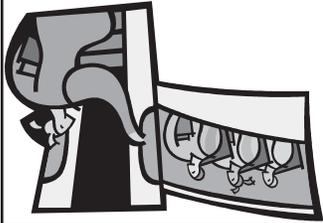
Call Ginger at the Holliston COA (508-429-0622) for two other special trips:

TANGLEWOOD & THE POPS—Sunday, July 8

Enjoy Keith Lockhart & the Boston Pops in Tanglewood for an afternoon of summertime songs with
 Broadway star and Grammy winner Bernadette Peters who will perform such favorites as *Let Me
 Entertain You* and *Some Enchanted Evening*. Cost: \$125 for luxury coach transportation, lunch and
 Shed Tickets at Tanglewood. To reserve a spot, call Ginger at 508-429-0622.

NANTUCKET SPECTACULAR – Thursday, July 19

It's an early morning departure (7 a.m.) via luxury coach to catch the ferry to Nantucket Tour Old
 Town, visit the whaling museum, shop or go to the beach. We depart Nantucket at 4 p.m. and should
 be home by 7:30. Cost: \$71. To reserve a spot, call Ginger at 508-429-0622.



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