



COA
SHERBORN COUNCIL ON AGING
Sherborn **LINK**

November/December 2022

Greetings,

Happy Holidays! It's hard to believe the holiday rush will soon be among us. It's been a busy fall. Our programs are back on track, we have met in-person (and hybrid), and have settled into our new space. We have also hosted some small gatherings, such as our Afternoon Tea, Open House, and some small classes.

The Community Assessment is almost complete. The results will be presented on Thursday, November 17th during the Select Board meeting. We anxiously wait the results. The results will be presented by staff from the UMASS Boston Gerontology Institute and will also be available for review online. We hope you can tune in to this meeting.

There is still time to sign up for some late fall programs. Consider a Lifetime Learning program, the AARP Safe Driving program, a Zentangle workshop, a succulent pumpkin class and just added, a needle felting project on December 6th. There are still a few openings left for our holiday trip to Blithewold Mansion in RI on Monday, December 5th.

When this time of year rolls around, the word gratitude enters my mind. Gratitude is the state of being grateful or thankful. I learned gratitude these past two years, along with patience and evaluating what's truly important. It's in the connections we make with others, being in relationship and being kind are a few that come to mind. Please stop by and visit us to learn more about what we can offer you or your family members. Take time this season to be grateful and to connect with those that are important to you.

I also extend my thanks to the COA and Friends boards, volunteers, partners, and the COA Staff for working on behalf of older residents and their families in Sherborn. I am truly grateful for all of you.

Stay Healthy,

Sue Kelliher, Director



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This Newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and through the generous support of the Friends of The Sherborn Council on Aging.



Remembering Three Special Women

Pictured from L to R: Ruth Stewart and Sonia Goldsmith share an afternoon together.

Sherborn recently lost three special women, Ruth Stewart, Evelyn Liffiton and Sonia Goldsmith who died within weeks of each other. Sonia and Ruth's lives had many parallels; both lived here over fifty years, lastly at Woodhaven, and were active members of the Sherborn community. Both worked at Center and Pine Hill Schools where they were loved by staff, students and parents. Both were instrumental to the COA serving for many years as both board and associate members.

Sonia was a dedicated elementary school teacher, mostly third grade, and, in retirement, a strong advocate for the elderly, serving with BayPath Elder Services. With her love of people and involvement in the community, she made an abundance of friends through her participation in Democratic politics, the Book Club, and the Sherborn Community Players. She will be remembered fondly for her warmth and generosity, her laughter and good humor, and her ever-sunny disposition. Donations may be made in her name to the Perkins School for the Blind.

Ruth was school nurse for several years. She served on numerous town boards including the Benevolent Society, Insurance Advisory Committee, Ambulance Usage Committee, and Board of Registrars. An active member of Pilgrim Church, she served on its Visioning Task Force and the Hospitality and Outreach Committee. Always willing to lend a helping hand, she was kind and selfless. Donations may be made in her name to Pilgrim Church or Newton Wellesley Cancer Center.

Evelyn Liffiton had a successful career in computer systems development. She traveled the world, loved gardening, and was an avid hiker, having completed the New Hampshire 4,000 footers and over half of the Appalachian Trail. Both Peter and Evelyn gave a great deal of time and energy hosting many Senior Cafes where Peter was the chef and Evelyn won everyone over with her famous coleslaw.

Miscarriages of Justice, How do they Happen?

Monday, November 14 @ 4:00 pm - 5:30 pm

Sherborn Town Hall, Room 204A and on Zoom / Cost: \$10

There is still time to Register!

In the years since courts began accepting DNA test results into evidence, many wrongfully convicted prisoners have been exonerated. Professor Stanley Z. Fisher will present a discussion of some systemic causes of such miscarriages of justice, and the obstacles to reform. As Professor of Law at Boston University Law School for many years, Stan Fisher specialized in criminal law and procedure, prosecutorial ethics, and wrongful convictions. On sabbatical leaves, he represented juvenile defendants in the Boston area, serving both as an Assistant District Attorney in Norfolk County and Public Defender in Boston. He also taught law in Ethiopia and Eritrea. In 2000, Professor Fisher helped found the New England Innocence Project, on whose board he served as trustee. NEIP uses law students and criminal defense lawyers to investigate and litigate claims of innocence by prisoners who might be exonerated by DNA testing or other means. BU Law students have worked on NEIP cases under Professor Fisher's supervision while enrolled in his Wrongful Convictions Clinic. In 2003, the Massachusetts public defender agency gave Professor Fisher the Thurgood Marshall Award for his service "as a champion of zealous defense of the poor."

What's Coming Up?



Men's Group - Monday, November 28th @Noon. No Luncheon in December.

This group meets the fourth Monday of each month at The Heritage. All men are invited to have lunch and conversation with the guys. RSVP to coaoutreach@sherbornma.org or call the office at 508-651-7858.

Book Club will meet on Tuesday, November 15th and Tuesday, December 20th at 11:00 am. This group meets at Pilgrim Church.

We will be reading the following books: November: All Who Go Do Not Return, Shulem Deen; December: The Ride of Her Life: The True Story of a Woman, Her Horse and Their Last Chance Journey Across America, Elizabeth Letts. Books are available at the Library. Please RSVP to coadirector@sherbornma.org or call us at 508-651-7858.

Tech Help is always available. Call the office if you need assistance or want to learn how to use an iPad. We have iPads to lend out. Check the calendar on the website for an upcoming Tech Day.

Senior Cafes occur on Thursdays @ Noon Pilgrim Church, 25 S Main Street - Suggested Donation \$5.00

November 3rd- Downsizing and Decluttering
November 10th - Tommy Rull, Singer & Entertainer
November 17th - District Attorney, Marian Ryan
December 1st - Chair Hip Hop
December 8th - Golden Tunes
December 15th - Holiday Party

No Senior Cafe on November 24th, December 22nd and 29th

*Topics and presenters may change due to scheduling conflicts. Check the weekly email blast or website for up-to-date information.

We're Going Places - Blithewood Mansion



Monday, December 5th from 9:30 am - 4:00 pm

Celebrate some Holiday Magic at the Blithewood Mansion in Bristol, Rhode Island. Join us and get into the holiday spirit.

Cost per person: \$55.00 (includes transportation).

There will be a mansion tour followed by Afternoon Tea. Please RSVP to coadirector@sherbornma.org or by calling 508-651-7858.

**Still Time to Register for this Lifetime Learning Class.
Call the office at 508-651-7858 or visit our website at www.sherborncoa.org**

Armchair Travel with Barry Pell

**Wednesdays, November 16, November 30, & December 7 @ 2:00 pm-3:30 pm
Sherborn Town Hall, Room 204A and on Zoom/ Cost: \$30**



Iceland in Winter - A Journey Around the Country's Ring Road

Gullah Geechee - African Communities on the Barrier Islands of the American South

Bhutan - Travels in the Land of the Thunder Dragon

Presenter: Barry Pell is a world traveler and National Geographic photojournalist. He has traveled widely over the past 40 years, visiting and documenting landscape and culture in over 153 countries. He currently lectures on international cultures at schools, universities, and institutions in the Boston area.

Save big time on energy bills and help the Town to reach its climate goals!

The Town has partnered with the non-profit All-in-Energy to provide residents easy access to the non-cost MassSave Home Energy Audit (HEA) which pays 75% of insulation and 100% of weatherization costs identified in your home. For example, Sustainability Coordinator Dorothea Von Herder had a recent audit and received a quote for insulating walls, attic, and crawlspace worth \$8,000 at the price of only \$1,800. In addition, the audit qualifies you for receiving rebates of up to \$15,000 for replacing aging heating and cooling systems with air-source and ground-source heat pumps and to finance them with a 0% loan.

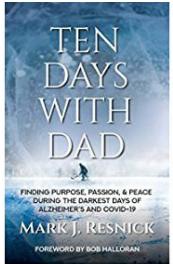


Schedule your MassSave audit today by calling Aleksa Wilk from NEECO at (978) 880-5657.

Reach out to Dorothea Von Herder at dvonherder@sherbornma.org or call her at (781) 467-9476 if you need advice on replacing old mechanical systems in your home.

How are you dealing with the effects of Climate Change? We want to hear from you!

Droughts, sweltering heat waves, dead trees, extreme rainfall... we are in it for the long haul! The Town has received a state grant to draft a comprehensive Climate Action and Resilience Plan in the next nine months. We are looking for input from our seniors about what affects them most and how the Town can make their needs a priority in our climate action planning. For more information, get in touch with Dorothea Von Herder at dvonherder@sherbornma.org



★★★★★¹²

**You Won't Want to Miss This!
Holliston & Sherborn COA's
Invite you to FREE Monthly "Dementia Friendly"
Lunch & Learn
Friday, November 18th @ Noon**

TEN DAYS WITH DAD
Finding purpose, passion and peace

Local resident and author, Mark Resnick, discusses his new book, Ten Days with Dad, an account of his personal exploration of grief, memory, and identity during his father's darkest days of Alzheimer's Disease and COVID-19. Out of the most difficult times, Mark found purpose, passion, and peace. This book is highly rated on Amazon and Goodreads. As a special gift, participants will get a FREE copy of the book to take home.

RSVP Required to Sherborn COA at 508-651-7858
Location: Unitarian Universalist Area Church
11 Washington Street, Sherborn, MA 01770

Please RSVP to Melinda at 508-651-7858 or by emailing coaoutreach@sherbornma.org

*This series is made possible by the generous funding from the Bay State Federal Savings Charitable Foundation.



**AARP Smart Driver™ Course
at the Sherborn
Police Department
Monday, November 7th from
10:00 am - 3:00 pm**

Things change as we get older, especially cars and driving. What can you do to be pro-active? Register for the AARP Safe Driver Course!

A boxed sandwich lunch and beverage will be provided. The cost is \$20 for AARP Members (please bring your AARP card) and \$25 for non-members.

RSVP by calling the COA at 508-651-7858 or email Melinda at coaoutreach@sherbornma.org.

**Succulent Pumpkin Workshop
Monday, November 14th
10:00 am - Noon**



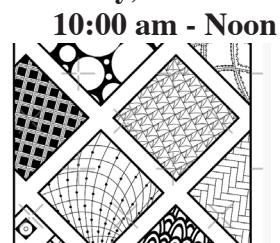
Succulents are all the rage. With our busy lives, who doesn't love a plant that thrives on neglect? Succulents also make great centerpieces.

This program is being presented in partnership with the Friends of the Sherborn Library and the COA.

Cost: \$20.00 per person (you must bring a pumpkin with you; all other materials will be provided).

RSVP required. This workshop will take place on the 2nd Floor in Town Hall in the Select Board Room. Join us for coffee at 10:00, workshop will begin at 10:30 am. Limited seats.

**Zentangle Is Returning
Wednesday, November 16th**



The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. We call these patterns, tangles. You create tangles with combinations of dots, lines, simple curves, S-curves and orbs. It's a fun workshop and you will walk away with your own Zentangle creation.

Just Added!
Felted Penguin on Zoom
Tuesday, December 6th @ 7 pm
In partnership with the Sherborn Library.

Emergency Calls



Written by Penn Young - Sherborn resident since 1990.

Did you hear about the big fire at Broadmoor? You might not have, since it broke out about 9 o'clock on an August night (the 16th), and was on the far end of the Broadmoor sanctuary from Sherborn.

But it's worth knowing about. It was a serious fire, burning 7 acres. And though it was on the Natick side, Sherborn was heavily involved. At least the Sherborn Fire and Rescue Department (SFR) was.

The initial call to SFR was the Natick Fire Department requesting a brush truck. Sherborn, having lots of forest, is better equipped for these kinds of fires than other towns nearby. Within minutes, a brush truck was sent. Within a few more minutes, we'd sent a lot more help.

In all SFR sent three fire engines (#3, #5 and #6), Brush Truck 1, and our UTV (off-road vehicle). The personnel included Chief Zack Ward, Deputy Chief Neil McPherson, and Deputy Chief Josh Buckler along with eighteen of their SFR colleagues. In addition to Natick and Sherborn, firefighters from Framingham, Wayland, Hopkinton, Ashland and Dover, and the Mass. Department of Conservation and Recreation (DCR) took part.

And this wasn't the only large fire SFR responded to this summer. Within a week of the Broadmoor fire, the department would also send firefighters and equipment to a significant fire at Rocky Woods in Medfield and another in Marlborough, the latter covering 30 acres. So it was a bad year for fires. Which is something that's not too surprising given the drought we're having.

But it turns out brushfires aren't unusual in Sherborn. I asked Chief Ward about brushfires here. Our heavy fire season runs late spring to early winter and we'll typically have 10 to 12 fires that burn an 1/8th acre or more. That's a big part of the reason we have three brush trucks, a whole lot of hose, and an off-road utility vehicle. So it doesn't have to be a drought year for brushfires to a problem for us here in town.

I remember one two summers ago – in fact it was two fires - five days after it was first put down, the fire popped back up, adding an acre or two of burned land to the acre or two that had already burned. I gather this is always a risk with brushfires. Embers and other hot material can sit and later restart a fire.

The frequency and severity of brushfires here in town was a surprise to me and, I learned, to my neighbors. I'll certainly write on it in future columns. Until then, and as food for thought, think about what a two-acre fire would look like on your property.

Want to Reach All Households in Sherborn?



You can advertise in the LINK and do just that. We have spots for a few advertisers. Placing an ad in the LINK is mutually beneficial; it helps defray the cost of printing for the COA and you get your message out to all households and businesses in Sherborn. For more information, contact the COA office at 508-651-7858.



Contact Kristina to register.
Email coaprograms or call 508-651-7858
Check out our Classes!!!

Tone and Stretch - On Zoom

Tuesdays at 9:15 a.m.

Join Laila for a virtual 45-minute Tone & Stretch. Please have a chair, water and hand weights nearby. You can substitute soup or bean cans for weights.

Cardio, Core and More - On Zoom

Fridays at 9:30 a.m.

Join Laila as she leads you through a series of interval cardio exercises. The class will finish with stretching. Please have a chair, water and hand weights nearby.

Weekly Walks

Thursdays at 9:00 a.m.

Meet us at The Gazebo on Railroad Avenue in Holliston for our weekly walk.



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MEDICARE



Mark your calendar for Oct. 15th - Dec. 7th

If you're enrolled in Medicare, the upcoming Open Enrollment period is your chance to review your plan and make any changes to your Medicare Advantage or Medicare prescription drug plan.

Medicare Advantage plans are usually bundled, all-in-one options that include Medicare Part A (hospital insurance), Part B (medical insurance) and in some cases Part D (drug plans). Medicare Advantage plans, also called Part C, are not to be confused with Medicare supplements aka Medigap, which are an add-on to original Medicare parts A and B.

Each fall, your Medicare plan will update you about any changes to your coverage. We recommend you review this annually because health and drug plans can change every year.

Costs and coverage may be different, or the providers, pharmacies and prescription drugs covered in your plan could change.

During the Open Enrollment period, you can make changes to your coverage based on upcoming changes to your existing plan, your budget or your health care needs. Changes made during Open Enrollment take effect on Jan. 1, 2023.



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The SHINE Program

Servicing The Health Insurance Needs Of Everyone

Many thanks to Sonja Hicks, our long-time SHINE counselor, who recently retired after volunteering for 18 years. Sonja, you will be missed.

SHINE counselors make a huge time commitment to the program and undergo constant training, in addition, to being assigned to communities such as Sherborn to provide the service.

Salli Hegarty, our new SHINE counselor, started with us in October. She will be available Mondays from 12:00 pm - 3:00 pm. We are excited to welcome Salli to Sherborn. Melinda Morle, also a trained SHINE counselor, can also fill in.

Make your Open Enrollment appointments as they fill up fast!

Get Involved in 2023

Looking for ways to get involved in 2023? Both the COA and the Friends of the Sherborn COA have openings on their boards.

For information on the COA Board, please reach out to the COA at 508-651-7858 and to learn more about the Friends, contact Audrey Raycroft at araycroft@comcast.net.



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Winter is Fast Approaching!

The heating season is upon us and prices are going up! If you are in need of Fuel Assistance, heating season runs from November 1 through April 30, 2021.

Please contact Melinda to schedule an appointment to apply at 508-651-7858. If approved you will also receive a discount on those rising electric costs! The income guidelines are as follows:

Family of 1- \$42,411

Family of 2- \$55,461

If you are over income, call and ask about the Good Neighbor Energy Fund for those who do not qualify for Fuel Assistance but need help.

Sand for Seniors

The COA along with DPW will be filling up your sand buckets before winter hits.

Please call the COA office to have your name placed on the sand delivery list. We will need the location of where you place your sand bucket.

If you would like sand and don't have a bucket, let us know and we will provide one for you. You can also email us at coaprograms@sherbornma.org.

This is a great and much appreciated service that the DPW staff provides to residents.

BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell. Now, proudly serving 22 communities.

Learn more at www.springwell.com

springwell

(617) 926-4100 / 307 Waverley Oaks Road, Suite 205, Waltham, MA 02452
 (508) 573-7200 / 33 Boston Post Road (Rt. 20) West, Marlborough, MA 01752

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Fun Times at the COA



Pictured Above: Ice Cream Social, Kayaking at Farm Pond, A visit to Unity Farm, Afternoon Tea at the COA Office, Elvis winds up the summer, Men's Lunch Group at the Heritage.

Notable Elder - Edward Perry

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

Written by Ann Bekebrede



It was a rainy day; Ed met me at my car with an umbrella and brought me into his home to tell his story. He was born in Bangor, Maine and brought with him to Massachusetts all those qualities of independence, responsibility and toughness that we associate with Mainers.

Ed attended parochial schools in the elementary grades and a Catholic high school. By his sophomore year he was sure he wanted to be an engineer, so that's what he studied at the University of Maine. It opened him to a lifetime of interesting work.

After graduation in 1953, he came to Boston and got the perfect job with Sylvania. He was about to start his adult life, but he was drafted for two years of military service. He was sent to Aberdeen Proving Grounds to teach recruits how to use artillery and other weapons of war. Ambitious, he hoped to climb the ranks, but found that in his classification, promotions were frozen. Some of his students outranked him! After discharge, Ed drove immediately to Boston and presented himself at Sylvania. Happily he was still on the employment list; finally he could start what would be a lifetime of interesting and challenging work. Ed's position continued through several changes of company name.

In Boston he lived in a typical city apartment, but city life was not to his liking. He was from Maine, used to having space around him, used to a rural setting. He soon did the math and decided that he could pay a mortgage as easily as he now paid his rent. He bought a small expandable cape with an unfinished second floor.

It was just right for him but he lost no time in beginning work on the improvements.

Being from Maine, he knew what to do with snow: he skied. On one trip north, after he had skied the New Hampshire mountains with his friends, they decided to see what Vermont had to offer. They drove to Stowe where Ed encountered Jane Emery who was trying unsuccessfully to start her car. Ed obliged the 'lady in distress' and suggested that he meet her at the end of the day in case her car wouldn't start again. From that time on they skied together and when their vacation was over, they went back to their homes, both of which happened to be in Metro-Boston. Ed took Jane's phone number but used it only after two weeks—he didn't want to appear too anxious! They had met in March of 1966 and married in November of the same year.

Two children were born to fill Ed's improved cape, Christine in 1968 and David in 1972. Now schools became very important and Jane did the necessary research. She found Sherborn to be at the top of the list of neighboring schools in all categories of comparison. Besides Sherborn had the rural landscape Ed was used to in Maine, lots of space, privacy, good government, all of which were important to them. They moved to Sherborn in 1974.

Ed served on the Library Board of Directors for 12 years, which embraced the time when thoughts of enlarging the library first arose to the time when building actually began. He's saddened that the project stalled but is sure that the final result will be a library surpassing all our expectations.

Now retired, Ed and Jane feel they have the perfect place for ending the story. Their home is at the end of a dead-end street with space around it, forest behind it and good neighbors near. You couldn't ask for more!

Sherborn Council on Aging 2022/2023 Board

Board Members

Pete Hoagland, Chair
Sally Tipton, Vice Chair
Lori Howe, Secretary
Gerri Hawn, Treasurer

Ken Adams
Jim Campbell

Associate Members

Pat Gray
Jean Rousseau

The COA Board meets on the last Tuesday of the month at Town Hall at 9:30 a.m. We currently meet on Zoom.

Meeting agendas are posted on the Town of Sherborn website and the meetings are open to the public.

Office Hours

Monday - Thursday
9:00 am - 4:00 pm
Friday
9:00 am - Noon

Contact Information

PH: 508-651-7858
Website
www.sherborncoa.org

Staff

Sue Kelliher, Director
coadirector@sherbornma.org
Kristina Gallant, Asst. Director
coaprograms@sherbornma.org
Melinda Morlé, Elder Advocate
coaoutreach@sherbornma.org

Your COA is a Resource

Council On Aging

The COA staff is here to help and provide resources. We can loan medical equipment, provide resources for meal delivery, home care assistance, caregiving, downsizing, etc. Please don't hesitate to contact us for yourself, a parent, or an older adult.

Transportation Services

You can request transportation tickets from our office. Coupons are available for \$30.00 and \$20.00 (each way) to Boston for medical appointments. Rides are provided by JFK Transportation and can be used locally or for medical trips into Boston. The cost of the rides are subsidized by the Council on Aging.

The SHINE Program

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Our SHINE counselor, Salli Hegarty, is available on Monday afternoons from 12 - 3 p.m. Please call the office to make an appointment. This service is available year-round.

SHERBORN LINK COMMUNITY NEWS
Council on Aging - 19 Washington Street
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