



COA
SHERBORN COUNCIL ON AGING
Sherborn LINK

January/February 2023

Greetings,

The staff and the Board of the COA wish all of you a very happy New Year. It seems every year goes a little faster than the year before. This is always a good time to reflect on what's happened and look forward to a new year with anticipation of what lies ahead.

I want to extend my thanks to the board, staff, Friends, volunteers and everyone else who contributed to the COA during the past year. It takes a village to get everything done and I am truly grateful for our village!

Start the year off right by attending a Meet and Greet to meet Jeremy Marsette, the new Town Administrator on January 6th.

The winter and spring Lifetime Learning line-up offers a variety of classes. Due to popular demand, we are bringing back Armchair Travel, Opera for Everyone, Poetry, and Native Wildflowers. We've added classes about Shakespeare and Creative Writing. In addition, we are planning some single classes for late spring – watch for them in our next newsletter.

Beginning in January, a new transportation option, Dial-A-Ride, will be available to those 65 and over or with a disability. We will be hosting informational sessions to explain how the program works, how to register, etc.

We have lined up some new trips for the coming year. Check out page three (3) to see the preview and visit our website: www.sherborncoa.org for more details.

We encourage you to sign up for our weekly email blast or visit our website at www.sherborncoa.org.

Warm Regards,

Sue Kelliher, Director

HAPPY
New
Year

In This Issue

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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.

FSCOA HONOR ROLL 2021/22

INDIVIDUAL (\$15 - \$49)

Bob and Mary Albertini

In Memory of Larry Albertini

Paula Bloomquist

Sylvia Constable

Judy Costello

Betty Deady

Susan Foster

Fred Glass,

In Memory of Edna Glass

Don Hagen

Megan Hall

In Memory of My Mother

Lori Howe

In Memory of Betty Dowse

Ron Jantzen

Barbara Keough

Michael Kickham

In Memory of Adilson Fonseca

Paula Levine

Jacqueline Martin

In Memory of Pat Cassell

Christopher Morss

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John Pierce

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George and Maggie Balaschak

Janet Barnet

Linda Bentley

In Memory of Bruce Bentley

Ann Bekebrede

Peter Black and Christine Cooney

Chuckie Blaney

In honor of Janet Walsh

Elizabeth Burton

James Campbell

Apryl Contini

Judy Cook

Henry and Jane Cosman

Helen Cuddy

Rosemarie Cummings

In Memory of Gene A. Cummings

David and Linda Curtiss

Deb Foss and Bob DeGenova

Robert Delaney

Linda and Paul DeRensis

Joan and Alan Dunn

Marjorie Freeman

In Memory of David Freeman,

In honor of Karen Juhl and COA

Amy Goganian

In Honor of Jean Goganian

Jean and Susan Goganian

Serena and Brent Hall

George Hardman

Dick and Gerri Hawn

Nancy and Frank Hess

Pete and Eileen Hoagland

The Hodson-Walker Family

In Memory of Margaret Sacuto

Thank you to all those who donated to the Friends of the Sherborn Council on Aging. Your support helps to fund important programs and services to community residents. We appreciate your generosity.

Partner Continued

Frank Jenkins

Elizabeth and Robert Johnson

Egils and Natalia Kaktins

Barry and Nancy Levy

The Materazzo - Kennan Family

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Joseph and Dee Meaney

Panny and Lou Nichols

In Memory of Sue Peirce

Paul Insurance Agency

Cornelia Roberts

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In Memory of Lorna Selby

Jean P. Rosseau

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In Memory of Winnie Williams and Peg Sacuto

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In Memory of Peggie and

Al Brennan

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Gene and Gay Crowley

In Memory of Jack and Mary Ellsworth

Grace Shepard

In Memory of James W.

Shepard, MD.

Sally and Dudley H. Willis

What's Coming Up?



Men's Group - Monday, January 23rd at Noon

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 - Tuesdays, January 17h & February 21st

at 11:00 am. This group meets on the third Tuesday of the month at Pilgrim Church. We will be reading *Profiles in Ignorance* by Andy Borowitz for January. Check our website for the February selection.

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.

Senior Cafes Resume on Thursday, January 5th

Pilgrim Church, 25 S Main Street - Suggested Donation \$5.00

January 5th - Winter Safety

January 12th - Audubon Brings Live Wildlife

January 19th - Joys of Nature - The Mayan World

January 26th - Brown Bag Medicines

February 2nd - Steve King

February 9th - TBD

February 16th - Jazz Presentation

February 23rd - TBD

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

**MEET
and
GREET**

Come Meet the New Town Administrator

Jeremy Marsette

Friday, January 6th @ 10:00 am

Town Hall, Select Board Office, 2nd Floor

Trips Scheduled for 2023

We are planning a wide variety of trips (both day and overnight) for 2023. The full description will be posted on our website: www.sherborncoa.org. The trips just confirmed and the descriptions will be available in January. Here's what to look forward to: The Irish Tenors in March; Bee Gees Tribute Show; an overnight to NY visiting the Vanderbilt Museum and Home of FDR in May; A Gloucester Harbor Cruise; Lake George Balloon Festival in September; Foliage Day Trip in October; Abba in November; and an overnight Christmas Trip to Pennsylvania Dutch Country and Merry Country Christmas.

Lifetime Learning Winter/Spring 2023

We are pleased to offer several Lifetime Learning classes. Please note - Some classes are in person, some are hybrid, and others are on ZOOM. We will send the ZOOM link weekly.



The Science of Music

Mondays, January 23, 30, February 6, 13 & 27 @ 11:00 am - 12:15 pm

On ZOOM / Cost: \$50

A Greek philosopher's discovery of the scientific relationship between mathematics and musical harmony was the first time the mysticism of an art form had a logical explanation. It was the beginning of modern science. In more recent times, from Bach to the Beach Boys, the western musical scale, based on physics and mathematics, evolved to make possible the wide range of musical composition we enjoy today. We'll discuss the physical reasons why tones sound good together, how modern instruments create their unique sounds, and why the acoustical properties of our own Boston Symphony Hall makes it one of few top musical venues in the world.

Presenter: Frank Villa has a lifelong interest in natural science and finds great joy in explaining complex principles and process to lifetime learners. In addition to his degrees in the sciences, he has a Masters in Religion and Theology from Andover Newton Theological School.

A Little Shakespeare Never Hurt Anybody: A Pretty Painless Introduction to The Bard

Mondays, January 23, 30 & February 6 @ 3:30 pm - 5:00 pm

On ZOOM / Cost: \$30

When was the last time, if any, you encountered William Shakespeare? Celebrate his 458th year with a lively and fun presentation, filled with background on his life and theater, his best insults, and some of his greatest hits which are still relevant today. Join popular presenter Roz Kubek in an entertaining escape. Some readings will be provided prior to the session. No prior knowledge needed.

Presenter: Roz Kubek is a retired Pembroke English Department Head whose favorite hobby is teaching. She's a poet and dabbler whose webinars for the Pembroke Public Library and the Sherborn COA have been a popular attraction and distraction. Roz's workshops are relaxed and entertaining blends of media, presentation, and lively (completely optional) discussion.

From Paint to Pen

Mondays, February 13 @ 3:30 pm - 5:00 pm

On ZOOM / Cost: \$10

Sometimes great art inspires more great art! This webinar will explore how poets and lyricists interpret, respond to, and transform spectacular art into words (and sometimes music)! Each session we will get an overview of the artist, look at one or two amazing paintings, then read and discuss some poems and lyrics they inspired. Join Roz Kubek in an entertaining escape. Links to the paintings, poems and lyrics will be provided prior to each session. No prior knowledge needed.

Presenter: Roz Kubek (see above)

Writing the Stories of Your Life: Leaving a Legacy

Thursdays, February 2, 9, 16, March 2, 9, 16 @ 2:00 pm - 4:00 pm

Pilgrim Church / Cost: \$40

We all have stories which have shaped our lives and memories. For us, these words are the fabric which weave together our family history and deserve to be preserved. Whether you are brand new to writing or want to improve your skills, join us for journaling, discussion, and creative inspiration in a safe and supportive environment. Using journal prompts, motivational exercises, discussion, and optional sharing of our writing, we will investigate how to preserve our memories for future generations or even just for ourselves. We will explore various ways to put your story on paper through reflection, what to share and what to let go of, and how to keep your writing practice fresh.

Presenter: Cindy Stewart (Ruth Stewart's daughter) has been keeping a journal since a college counselor recommended it in 1982 as a tool to begin healing after the death of a close friend. She has been writing ever since. Cindy is in her last semester at Bay Path University as a graduate student in their MFA in Creative Non-Fiction Writing program. Inspiring others to preserve their life stories is a passion of hers.

Opera for Everyone

Tuesdays, February 28, March 7, 14, 21 & 28 @ 1:30 pm – 3:00 pm

Sherborn Town Hall, Room 204A and on Zoom / Cost: \$50

The Life of Giuseppe Verdi and the Thrills of His Early Operas: In the first years of his operatic career, Verdi could create the most ravishing melodies imaginable. His early operas offer non-stop excitement, both musically and dramatically.

Presenter: Erika Reitshamer, a passionate and lifelong fan of opera, continues to enlighten, inspire and entertain while passing along her vast knowledge of opera and opera lore. She teaches Lifelong Learning Programs at Regis College as well as at various libraries, senior centers and retirement communities. She was active in the formation of the Boston Lyric Opera Company and served as Vice President of the Boston Wagner Society, where she presented lectures, helped organize concerts and promoted visiting scholars.

Native Wildflowers

Mondays, March 6 & 13 @ 10:30 am - 12:00 pm

Pilgrim Church, Fellowship Hall / Cost: \$20

This two-part program will focus on many of the native wildflowers and ferns in woods, meadows, and wetlands in the region. We will discuss the identification features, habitats, time of emergence, blooming, and other topics of both common and rare wildflower and fern species that grow in the Sherborn area and elsewhere in Massachusetts. We will also talk about good places to see many of these plants in the local area. At the time the program runs, the first flowers of spring will be just stirring from their long winter dormancy, an ideal time to start exploring.

Presenter: Ted Elliman was a Staff Botanist and Invasive Species Program Manager at the Native Plant Trust in Framingham. Now retired, he continues to teach Botany and Ecology classes for the Native Plant Trust, Massachusetts Audubon Society, Berkshire Botanical Garden, and other organizations. Ted has a Master's degree from Yale School of Forestry and Environmental Studies.

Lifetime Learning Information

- *Class enrollment is on a first-come, first-serve basis.*
- *Some classes may be canceled due to lack of participation so please register early.*
- *Classroom locations are subject to change.*
- *Classes must be paid for prior to the first class. No refunds two weeks prior to class and once class begins.*
- *Scholarships are available for Sherborn residents 60 and over.*

Armchair Travel with Barry Pell

Wednesdays, March 8, 15 & 22 @ 2:00 pm - 3:30 pm

Sherborn Town Hall, Room 204A and on Zoom / Cost: \$30

During the first class, you will travel to the “Galápagos - Enchanted Islands of the Pacific,” which inspired Charles Darwin’s theory of evolution and is a nearly pristine showcase of biodiversity. The next stop will be “Antarctica - Travels at the End of the World.” This is the last continent to be understood; it is a harsh and unforgiving environment that challenged and took the lives of many early explorers. Travel concludes with “A Year in Morocco,” where you will journey through the country’s walled cities and their ancient markets, across the rugged Atlas Mountains with traditional Berber villages, and into the desolate and dune-covered Sahara Desert.

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

Poets in the Garden

Mondays, March 20, 27, April 3 & 10 @ 1:30 - 3:00 pm

Pilgrim Church, 1 st Floor Conference Room/ Cost: \$40

Gardens have always captured the attention of poets, whether they are praising gardens’ inherent beauty in fresh ways or using gardens metaphorically to reflect upon destiny, life’s transience, our relationship to the land, and other heavy matters. These poetic musings extend to other sites - mazes, parks, and meadows whose cultural meanings are inseparable from our notions of gardens and open up a rich variety of poetic perspectives for us to explore. We will engage these poems by discussing the link between their themes and the poetic techniques that make them poetry, as well as our own experiences of the poems. Class begins the first day of spring!

Presenter: Barton Kunstler, Ph.D., has written and studied poetry all his life. He holds an undergraduate degree in English literature and a doctorate in Classical Studies from BU. His poems have been published in various venues and he has run writing and communication programs.

Lifetime Learning Registration Form

Please Print

Name: _____ **Street:** _____

City: _____ **Phone:** _____

*** Email:** _____ (**must be filled out to receive class communication and handouts*).

Course:	Fee
<input type="checkbox"/> The Science of Music	\$50
<input type="checkbox"/> A Little Shakespeare	\$30
<input type="checkbox"/> From Paint to Pen	\$10
<input type="checkbox"/> Opera for Everyone	\$50
<input type="checkbox"/> Native Wildflowers	\$20
<input type="checkbox"/> Armchair Travel with Barry Pell	\$30
<input type="checkbox"/> Poets in the Garden	\$40
<input type="checkbox"/> Creative Writing	\$40

Total Enclosed: _____

You can mail your registration and payment to the Town Collector, 19 Washington Street, Sherborn, MA 01770 or register online at: <https://sherborncoa.org/lifetime-learning/> Please make checks payable to the Town of Sherborn.

Who Are The People In Your Neighborhood?

The Sherborn Council on Aging is your go-to for activities, information, and advocacy. Our friendly visiting program and transportation options can help combat isolation during these harsh winter months.

If you are feeling overwhelmed, let us help you connect to support groups, mental health services, or other services. When in doubt give us a call. We can give information or make referrals. All calls are confidential.

Sherborn Fire & Rescue not only provides emergency fire and rescue services but will conduct home safety inspections. As part of their SAFE grant, they work to prevent fires by making sure your smoke and carbon monoxide detectors are in good working order. The grant helps provide public education and the File of Life programs. The Project LifeSaver program helps those who might be at risk of wandering. Finally, they can pump your basement water if pipes burst.

People Continued

The DPW provides the vital task of maintaining the town's infrastructure. They also have sand available for seniors throughout the winter.

The Assessor's Office provides applications for tax relief programs including tax exemption, tax aid, and tax deferral. Melinda from the COA is available to discuss options.

Neighbors may be able to help with errands, collecting mail, or shoveling a walkway. Do you live alone?

Are you a caretaker? Or does your family live far away? Knowing you can call on a friendly neighbor to help can be comforting. If you would like to find a friendly neighbor, please reach out to Melinda at the Council on Aging: 508-651-7858.

Medicare Advantage Open Enrollment is now through March 31st

Did you enroll in a Medicare HMO or PPO only to find out that your doctor is now out of network, your medication is not covered, or your costs have gone up? There is still time to make a switch, call for a SHINE appointment at (508) 651-7858 throughout the year for help with Medicare Advantage Open Enrollment or any other Medicare related issue.



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Climate Action and Resilience Plan For Sherborn



We are heading into an exciting year as we plan to prepare our community for the effects of climate change. We invite you, your neighbors and friends, to weigh in with your ideas, concerns, and priorities for this collectively-developed action plan.

The Sustainability Department received a \$38,000 state grant to hire an experienced environmental consultant, Kari Hewitt, who will steer the planning process.

Over the next seven months, you will have the opportunity to help identify 10-15 priority actions to mitigate GHG emissions and reduce vulnerabilities in Sherborn's unique ecological resources, specifically the town's affected tree canopy and deteriorating water quality of ground and surface water.

How is the plan coming together? We will have open houses, surveys, and engagement activities at our local and regional schools to collect your input. In addition, the Climate Resilience Working Group (CRWG) consisting of fifteen representatives from Sherborn's boards and committees is going to help evaluate priorities and refine them in action implementation blueprints. The final plan will be drafted by the end of June.

Thanks to all the members of CRWG, for devoting their time and effort to this important endeavor!

Photo credit Tom Trainor, Chair of the Groundwater Protection Committee

Follow Up to the Community Assessment

As you know, the team from UMass Gerontology Institute presented the results of the community assessment to the town in November.

As a follow up to the report, the COA staff and board will be meeting to delve into the results of the Community Assessment. They will then begin to develop a working plan based on the assessment's recommendations.

Thank you to all who answered the survey, participated in interviews and provided input.

New Transportation Options in Sherborn Dial-A-Ride to Begin January 1, 2023

Dial-A-Ride, a new transportation option, will be available to Sherborn residents 65 and over or disabled. A shared ride service, it provides door-to-door rides to 16 destination towns in Metrowest. Rides cost \$2.00 each way and will be available from Monday through Friday from 6:30 am to 6:30 pm.

You can request medical rides to Boston or Worcester hospitals by accessing a shuttle or an individual ride if you cannot access the shuttle. Medical rides are \$5.00 each way.

Applications for Dial-A-Ride will be taken by the Council on Aging. We will provide the orientation on the registration process: how to request a ride, the service hours, etc.

There will be an information sessions to explain the service. For more information contact the COA at 508-651-7858.

**Dial-A-Ride Information Session
Friday, January 13, 2022
10:00 AM
Town Hall/2nd Floor**

Stay Fit

Get Moving in 2023

New in-person Class

Coming in January 2023

Details will be forthcoming

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.

Contact Kristina to register.

Email coaprograms or
call 508-651-7858

Check out our Classes!!!



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Upcoming Lunch and Learn

The Sherborn COA and Holliston COA have partnered together to bring you Lunch and Learn. Enjoy a boxed lunch and featured speaker. Holliston residents can get a ride from the Holliston COA van. All Lunch and Learns take place at the Unitarian Universalist Area Church, 11 Washington Street, Sherborn.

Music and Memory

Friday, January 27th @ Noon

Demonstration and discussion on the importance of music and the role it plays in our mind and memory. This workshop is being presented by Linda LaSalle, MA, MT-BC (she/her), Board-Certified Music Therapist

Laughter and Fitness

Friday, February 24th @ Noon

Elevate your wellbeing with a special fitness group centered around movement and laughter. Presented by Jose DeSoto, Certified Dementia Practitioner, Certified Yoga Leader and Neighborhood Director at Wingate Residences at Needham.

RSVP Required. 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.



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Notable Elder - Margo Powicki

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



The expression goes that if you want something done, give it to a busy person. That person is Margo Powicki. Throughout her life she has been involved with a dizzying number of committees, non-profits, foundations, focus groups and all kinds of community service, often in a leadership position. She was taught at home and at school to contribute to the welfare of others.

Sherborn has always been her home. Center School (now Town Hall) was her school through grade 6. During those years there were Bluebirds, Camp Fire Girls, and 4-H Club. Then her little class of 16 students attended Jr. and Sr. High in the big and diversified Framingham Schools. During her teen years she was a swimming instructor and lifeguard at Farm Pond.

Margo decided to pursue a career in nursing and attended and graduated from Newton-Wellesley Hospital School of Nursing. There she began 32 years of employment as an Operating Room Nurse. She was also a member of the Hospital Quality Assurance Department and served as an Educational Program Coordinator for her Alumnae Association.

During those years she married Henry Powicki, an Electrical Engineer for General Telephone and Electronics. For a time, they lived in Boston, but in 1964 the couple returned to Sherborn where Margo's roots were firmly planted. Three children came to complete the family, Jennifer, Christopher, and David. They were a big incentive to her serving on the Pine Hill School CSA, the Pine Hill and D/S High Enrichment Committees and the High School AFS Program. She also served as a Town Co-Chairman and Group Leader for the Sherborn Camp Fire Girls.

Margo is similarly supportive of the social and cultural life of Sherborn. She was a Founder and Past President of the Sherborn Garden Club, Director and Past President of the Sherborn Community Center Foundation and a Director of the Sherborn Historical Society, which still demands much of her time today.

As an early member of the Friends of the Library, she volunteered for many activities. For example, she was involved in the founding of the Sherborn Daffodil Trail and for over 30 years this initiative has beautified Sherborn and successfully raised money for a Library Landscape Fund and Civic Beautification. The latter was an effort under the Town Improvement Advisory Committee of which Margo was a member. She has also served as a member of the Endowment Committee and Church Historian for Pilgrim Church. Today she sits on the Library/Town Campus Landscaping sub-committee. She is also a board member of The Sherborn Fund, which is a permanent endowment to support activities and projects that contribute to the quality of life in Sherborn.

Margo shares her time between Sherborn and beautiful Cape Breton, Nova Scotia where she manages family-owned property. But one can only guess that she is involved in many Cape Breton projects, publications, and mentorships just as she is at home. She also collaborated with Henry's genealogical and historic research and is now placing his efforts in various repositories.

Margo and Henry retired early and enjoyed 14 more years together. During that time, they downsized to Woodhaven. Henry passed away in 2007. While at Woodhaven she is up for a walk before dark has dissipated and her day starts. She continues her work for the Sherborn Historical Society at this significant time when the Museum has yet to settle in a permanent home. Margo works on a sub-committee that is evaluating and reorganizing the museums archives--a daunting task! Even more daunting will be the organization and presentation of the coming new museum. But then, she's done that twice before, Margo has a lifetime of experience!

**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 Rosseau

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, care giving, 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.

Dial-A-Ride is now available through the Metrowest Regional Transit Authority.

The SHINE Program

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Our SHINE counselor 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
Sherborn, MA 01770

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