COA
SHERBORN COUNCIL ON AGING
Sherborn LINK
March/April 2023

Greetings,

I am so glad spring is almost here. Even though this winter has been relatively mild, it still makes me want to hibernate. I feel my energy return and my mood improve when the sun is out and the flowers begin to bud. My happiness quotient starts to climb.

Are you aware of a study about happiness, conducted by the Harvard Study of Adult Development at Harvard Medical School. tracking the lives of 724 men for 78 years, and one of the longest studies of adult life ever done. Investigators surveyed the group every two years about their physical and mental health, their professional lives, their friendships, their marriages — and also subjected them to periodic in-person interviews, medical exams, blood tests and brain scans.

And what is the secret to living a happy life? Well, the study on human happiness has revealed three key factors to maintaining a successful and fulfilled existence – and no, it doesn't involve money (these factors are listed on page 2).

There is a Ted Talk which discusses this study. A new book, entitled "The Good Life", is also based on it. When it comes down to it, happiness is all about connections and relationships. I highly recommend taking a look at the study and its conclusions. These reinforce what we learned from the recent community assessment. Social isolation was found to be a key issue impacting residents. The survey revealed 15% of residents 60 and over live alone. Almost 48% of the respondents said they would not ask a neighbor for help if they needed assistance. It is a proven fact social isolation (among any age group) has an adverse effect on one's mental and physical health. Much of what we have seen throughout these past few years continues to this day.

This spring, consider reaching out to a neighbor, trying a new activity, socializing with friends and meeting new people. One way to do this is by taking advantage of what the COA offers. Remember to stay engaged and connected. We hope to see you sometime this spring.

Warm Regards,
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.

It's Never Too Late to Learn Something New

Dennis Feen is a testament to that saying for sure. We were fortunate Dennis found his way to the COA, participating in many of our activities. Then COVID-19 hit and he joined our weekly walking group. He has been with us ever since.

Dennis lives in Dover with his wife Anne, a former director of the Bacon Free Library. His two daughters Jennifer and Joanna, graduated from D/S High School and he has four grandchildren.

Formerly a Pathologist at Newton-Wellesley Hospital, he, like most people in retirement, needed something to do. Making the transition from a high-pressured career to having a lot of time on one's hands is one of the biggest challenges of the newly retired. Dennis pursued different activities, participated in exercise classes, and then decided to take a drawing class. That's where he found his passion.

He has been drawing for the past four years and his ability to capture his subjects is astonishing. For a novice, he has developed skills many people envy. He mainly focuses on botanicals and birds. His bird drawings are fabulous. The staff at the COA and some of his walking partners have been honored to have been given some of his drawings. After asking about our favorite birds, he has drawn cardinals, tufted titmouses, chickadees, blue-birds and the blue-footed booby, a bird native to Ecuador and the Galapagos Islands.

Dennis continues to develop and refine his drawing skills, takes Lifetime Learning classes and exercises. He is an example of how to enjoy retirement by learning new skills, pursuing hobbies you always wanted to try, and remaining engaged and part of a community. It doesn't matter what age you are, or what stage in life, there are always opportunities to learn something new. You may stop by the COA office and see Dennis' drawings up close. A heartfelt thank-you to Dennis for sharing your gift with us.

Three lessons about happiness learned from an 80-year long Harvard study

- **Loneliness kills:** In his **Ted Talk**, Professor Waldinger said that social connections are beneficial to health, and warned loneliness can kill. Those who were lonelier reported feeling less happy, as well as having worse physical and mental health.
- **Quality over quantity:** While being lonely is harmful, being surrounded by people isn't necessarily helpful. Rather, it's the strength of these relationships with others that can predict our overall health as we go through life.
- **Strong relationships are good for the mind and the body:** People who feel they can count on another person when they face trouble have a stronger memory, while those who don't have strong relationships can face decline earlier

What's Coming Up?

Men's Group - Monday, March 27th and April 24th. This group meets the fourth Monday of each month at The Heritage at 12:30 pm. All men are invited to have lunch and conversation with the guys. Open to men in Sherborn and surrounding towns. RSVP to coaoutreach@sherbornma.org or call the office at 508-651-7858.

Book Club - Tuesdays, March 21st and April 18th at 11:00 am. This group meets on the third Tuesday of the month at Pilgrim Church. Please RSVP to coadirector@sherbornma.org or call us at 508-651-7858. You can call us for the current book selections or check out our website.

Which Craft Program: Wednesdays, March 8th and April 12th/10:30 am/COA Office. Thank you to Allie Lopez-Carauda who will be the instructor for our monthly Which Craft program. She will focus on a new project every month. Or you can bring your own project and work on that.

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

March 2nd - TBD
March 9th - Storyteller and Folk Singer, Roger Ticknell
March 16th - Entertainer, Chris Carter
March 23rd - Naturalist, John Root
March 30th - Middlesex Bank - Fraud and scams
April 6th -David Polatin
April 13th - The Lions Club Eye Mobile
April 20th - TBD
April 27th - Gary Highlander, sponsored by Rehabilitation Associates

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

Above & Beyond: JFK and America's Most Dangerous Spy Mission

Wednesday, May 10th at 6:30 PM

We are excited to bring author, Michael Tougias to the Sherborn Library. His new multimedia presentation is based on his book, *The Untold Story of the Cuban Missile Crisis*. The discussion will revolve around first chronicles the thirteen harrowing days of the Cuban Missile Crisis and then outlines the steps President Kennedy made to reach a decision on a course of action plus much more.

RSVP to coaprograms@sherbornma.org or call us at 508-651-7858.

Lifetime Learning
Winter/Spring 2023

There is still time to register for these Spring classes. Please note - Some classes are in person, some are hybrid, and others are on ZOOM only. We will send the ZOOM link weekly.

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 identification, 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 the Yale School of Forestry and Environmental Studies.

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."** The last continent to be understood, it has 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.

Country and Western Music - But Wait I Don 't Like Country Music
Fridays, May 12th and May 19th from 1:30 pm - 3:00 pm
Pilgrim Church/ Cost: $20

These two programs examine the genre of country and western music. From the early beginnings of western expansion and railroad songs, to the hillbilly and cowboy songs and right through to the modern era – country music has become a significant part of the American song landscape and history. Learn about American history and listen to some of your favorite artists, you wouldn't even consider as country. You will be singing along and tapping your feet. Who knows you may walk away with a different perspective about this genre.

May 12th – 1:30 PM:. The songs, writers, and performers in this program tell the first part of the history of country music. Tumbling Tumbleweeds, Back in the Saddle Again, Tennessee Waltz, I Walk the Line, I Can't Stop Lovin' You, and Crazy are just a few of the story-telling titles included. Eddy Arnold, Gene Autry, Hank Williams, Kitty Wells, and Ray Price are just a sample of the highlighted performers.

May 19th – 1:30 PM: In this program, there will be a song for everyone as you pick your favorites from more than a hundred modern country hits. Whether I worked 'Nine to Five' or wanted to be 'King of the Road', country songs were 'Always On My Mind!' Dolly Parton, Willie Nelson and Johnny Cash inspired Kenny Rogers, The Judds and others to dream of 'Islands in the Stream' , telling their boss to 'Take This Job and Shove It' , Garth Brooks would have 'Friends in Low Places' and Martina McBride would celebrate 'Independence Day!'

Presenter: Jack Craig, a favorite among Sherborn adult learners. His background and knowledge in music will keep you entertained and informed. He always makes it interesting!

Lifetime Learning Registration Form

Please Print

Name: _____ Street:_____

City: _____ Phone: _____

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

Course:	***Fee***
❒ Native Wildflowers	$20
❒ Armchair Travel with Barry Pell	$30
❒ Poets in the Garden	$40
❒ Jack Craig	$20

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.

Lifetime Learning Information

- ***Class enrollment is on a first-come, first-serve basis.***
- ***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.***

Emergency Calls

Written by Penn Young - Sherborn resident since 1990.

Meet West - Sherborn's Newest Addition to the Police Force

Here's West, the Sherborn Police Department (SPD) facility dog, and his handler, Sgt. David Nulty. West joined the SPD to meet some very specific needs. I'll be writing more on West, but to give you a quick introduction I asked SPD Chief Tom Galvin a few questions.

What is a Facility Dog?

A service dog trained to reduce stress in people. Facility dogs have the personality and training to interact meaningfully with strangers and groups. West was trained by Guide Dogs of America (GDA), who also train seeing-eye dogs and service dogs for PTSD sufferers and autistic children.

Who does West help?

Pretty much anyone in Sherborn and some people outside of it. West may be called to schools, vehicle crashes, house fires, traffic stops or arrests. He can make home visits to children and house-bound seniors. He can also go to court to support crime victims and witnesses.

When does West work?

He and Sgt. Nulty work regular shifts. Sgt. Nulty's vehicle has been adapted so West can ride with him. West is also on-call, since a need for him can arise anytime.

Why is West here?

Because of a Sherborn tragedy. After the death last February of Owen Bingham, DS High School senior and Sherborn resident, comfort dogs were brought by other departments to DS High School. Chief Galvin saw both how helpful the dogs' presence was and the need for a similar dog for Sherborn. His relationship with the former head of GDA helped him find a service dog for Sherborn, West.

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Annual Town Meeting
Tuesday, April 25, 2023

Annual Town Election
Tuesday, May 9, 2023

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let's MAKE ART

The Sherborn Library and COA are Art Partners. During the last two years, they have been offering art classes and workshops and are looking forward to offering additional programs throughout the year. Designed to be intergenerational, these programs are funded in part by the Sherborn Cultural Council. The Library and COA share costs programs that aren't covered.

Congratulations to Liz Anderson on her recent promotion to Library Director. She is a true asset to the Library and town and a pleasure to work with.

Looking Ahead...

Wed., March 29th @ 3:30 - 5:30 - Macrame Is Back- with Heather Labenski, an enthusiastic fiber artist. Macrame is back in vogue! Come learn, or relearn, the foundation knots and principles of macrame while making a modern wall hanging. With clear step-by-step instructions from Heather you will knot your first masterpiece. No prior experience required.

Tues. April 18th @ 4:00 pm -Make Some Clay Cacti with the Pop Up Art School. Sculpt a set of cacti and succulents with air dry clay. You won't have to worry about watering these adorable potted desert dwellers! Learn how to make the pots, the cacti and to paint with acrylics.

Fri., April 21st @ 10:00 am - Botanical Zentangle Zentangle is a method of meditative, mindful drawing. It's enjoyed by all ages, from all walks of life and practiced throughout the world. In celebration of springtime we'll draw simple strokes and curvy lines to create an organic Zentangle design with a botanical flair. You do not need any drawing experience.

Sun. May 21st @ 10:00 am - Create a Mosaic This class will be held at Mosaics Art Center located in Holliston and taught by Cheryl Cohen. Explore your creative expression and leave with a finished mosaic piece.

More details on the COA and Library's websites.

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Middlesex Savings Bank
right there with you

DON'T MISS OUT

Monday, February 27th @ 4:00 pm/Town Hall
The Ukraine War and Vladimir Putin
Consequences Expected and Unintended
What You Don't Know But Should!

Henry M. Quinlan, Esquire. will present different aspects of the Ukraine War. He will examine the origins, status, and consequences of the war, both expected and unintended. What are the options for ending the war and America's involvement? Mr. Quinlan will also look at Putin and his intentions to use food and fertilizers as weapons and much more.

FREE Adult Resource Fair
Saturday, April 8th @ Pine Hill School
10 am - Noon
Coffee and Pastries
Resource Tables/Guest Speaker
What Will I Do When I Retire?
Caregiving Responsibilities and Assistance
Medicare, Medicaid, SS Information & much more

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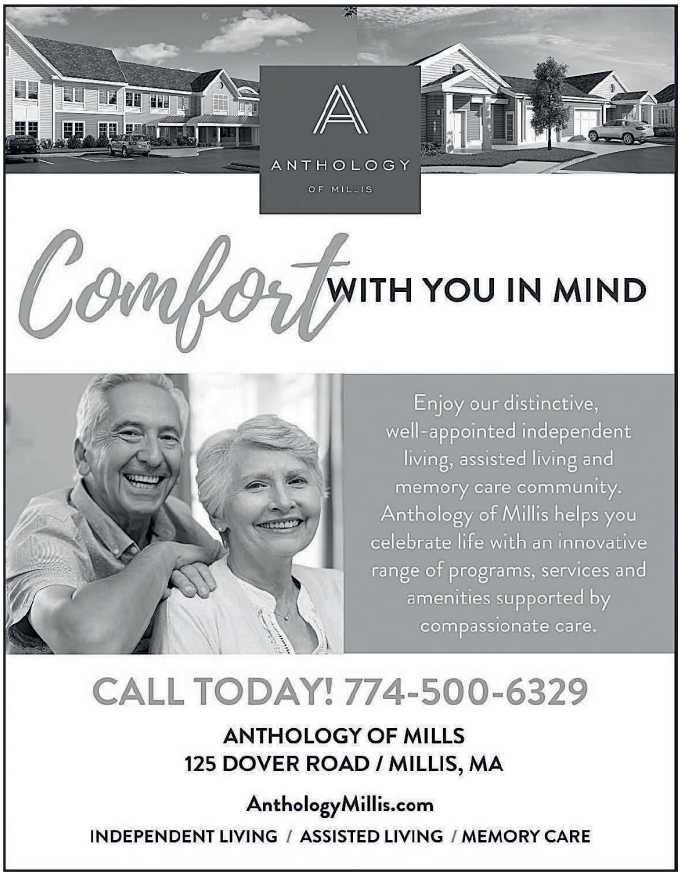
Dial-A-Ride is Now Available

Dial-A-Ride, a new transportation option, is now 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 or $3.00 each way and are available from Monday through Friday from 6:30 am to 6:30 pm.

Even if you think you don't need the service, we recommend you submit an application. You may want to use it in inclement weather, or for a doctor's appointment or medical procedure in Boston. By submitting an application you will be in the system and then can use the ride service whenever you need to. The COA has applications in the office and on our website. You just need to submit your completed application to the COA.

Better to be prepared for a "someday" event. For more information contact the COA at 508-651-7858.



Stay Fit

Get Moving in 2023

In-person Class - Fitness Fun
Mondays at 8:45 am/Town Hall

Join Lourdes Fournier for this low-impact class which offers a variety of exercises designed to energize your active lifestyle using low-impact movements focusing on building total body strength plus cardio endurance. Chairs will be available if needed for support. This 55-minute workout includes a warm-up, cardio endurance, body strength using hand-held weights and bands followed by a cool down and stretching.

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!!!

Exercise is good for you; it's just a matter of making it a priority and habit in your daily life.

Upcoming Lunch and Learn

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

Friday, March 31st @ Noon
Effective Communication Strategies
Join us to explore how communication changes when someone is living with memory loss. Learn to interpret verbal and non-verbal changes in communication and identify strategies to help communication at each stage of memory loss. This program will be led by Julie McMurray, MA, LMHC, CDP Senior Manager for the Alzheimer's Association.

Friday, April 28th @ Noon
Quieting the Mind
Quieting the mind can have a big impact on your life. When your mind and body are calm, you are able to function properly. Whether caring for a loved one or caring for yourself, please join us for a discussion and demonstration with Laila Vehvilainen, MS, MPH, CPT, Geriatric Care Manager for JFS and Fitness Specialist.

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.

Kingsbury Club - Senior Swim

You can take advantage of Senior Swim at the Kingsbury Club in Medfield, located at 2 Ice House Rd in Medfield. Their phone number is 508 359 7800.

Their current hours are Mondays, Tuesdays, Fridays from 10am -11am. Hours may change seasonally. All you need to do is say you are from the Sherborn COA and bring your ID. The cost is $5.00, they ask that you pay in cash.

BayPath

BayPath is now Springwell

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Notable Elder - Marie Elwell

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

Sometimes people call her Bag Lady, but she answers to that with a smile. She has a history of working with her husband in his business, "Bret Packaging." They were suppliers of creative shopping bags to hi-end gift stores and apparel shops. Several bags are framed and hang on the walls in her Woodhaven apartment. One bag won a design award. But I'm getting ahead of my story.

Marie was born in Boston and grew up in East Boston at a time when you could take a ferry from East Boston to the North End for one penny. She was the youngest of 5 siblings, one of whom died days before Marie was born. Nevertheless there were relatives and friends of the family to welcome her. She was the daughter of Catholic Italian immigrant parents so she went to Catholic schools. Soon after High School graduation, she married Dick Elwell from Hingham. Marie was convinced she had married a rich man because he had a car! They honeymooned in Bermuda and settled in Wollaston where Dick had a stationary store. Later that store evolved into "Bret Packaging" in Needham.

In Wollaston, the busy years began for Marie. She had four children--Janene, Richard, Scott and Todd. They were an important reason for their move to Great Rock Road in Sherborn in 1975. They loved the town, especially Farm Pond, and appreciated their good neighbors. All of the children were swimmers! All were on the Sherborn swim teams! Marie spent her summers at the Pond attending all the swim meets. She and the kids trekked through the woods to the beach. Each summer, however, they also vacationed in Brewster for two weeks. There they all could swim in the bay, but when the tide went out, there were acres of sand in which to dig for clams. On the last day of school, the family piled into the car and headed for Nantasket Beach. They took many trips to Italy, attended the Rome Olympics in 1960 and enjoyed a couple of cruises.

After Dick received organ transplants, thoughts of downsizing were often discussed, and finally a decision was made to go to Woodhaven. Was it a good decision? They loved Woodhaven! And they were a spark which enlivened the life of the community. Marie instigated many group activities. She decorated the Community room for all holiday parties, instigated football gatherings and organized outdoor barbecues. She took pictures at all these events and subsequently made a slide show for everyone to enjoy. Another post-covid slide show is currently in the making.

In 2014 Marie lost Dick, a blow to herself as well as to the community. But Marie's spirit is indomitable. She has many friends and colleagues to stand by her. Her grown-up children are all living close by except Richard, and she has 9 grandchildren. Marie is a person who always presents a smiling face to the world and that smile is returned by those around her. No wonder she thinks she has wonderful neighbors. She's a good neighbor herself.

Inside her cozy Woodhaven apartment, mementos of her life are displayed on the walls and shelves of the apartment. She showed me her lifetime collection of small Pinocchio figures revealing that she has always had an obsession for the little guy, and her collection of pins obtained at the 1996 Olympics in Atlanta. There are pictures of Dick and friends and family. Bag Lady is surrounded by all that she holds dear.

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. Rides through JFK Taxi Service are currently being offered at no charge through a grant from the MA Development Finance Agency, until funding is exhausted.

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 Wednesdays from 10:30 - 2:00 pm. Please call the office to make an appointment. This service is available year-round.

Tech Help is always available. Call the office if you need assistance or want to learn how to use your devices.

SHERBORN LINK COMMUNITY NEWS
Council on Aging - 19 Washington Street
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