



Sherborn LINK

July/August 2023

Greetings,

It's summertime! A time for fun get-togethers, adventures, and a time to be carefree. Summer is to be enjoyed and savored. With that said, we have some fun events planned throughout the summer. We kicked off with a garden party in June and Ted Reinstein is coming Thurs., June 28, to talk about his new book, *Before Brooklyn* (see p 5).

Fast forward to Wed., July 19th when we will have a ice cream truck making stops around town, treating you to your favorite treat - route and time to be announced. Then Thurs., July 20 at noon the Sherborn Fire Department will host a bar-b-que at the DPW garage. And fear not, Elvis is returning Thurs., August 3 at noon to the Library Patio for our annual Elvis and pizza party. You can also try an in-person exercise class or sign up for a day trip. We encourage you to join us. We always welcome new faces! We will be adding new events and you can keep current by signing up for our email blast or checking our calendar at sherborncoa.org.

A word of warning - Summer is a time to be cautious about high temperatures. Extreme heat is especially dangerous because people may not recognize symptoms as signs of a serious condition. Heat exhaustion can present with dizziness, headache, nausea, weakness, unsteady gait, muscle cramps and fatigue. Heat stroke's symptoms include a change in mental status, such as confusion, delirium, combativeness, seizures, loss of consciousness, and a core body temperature above 104 F. If you are experiencing any difficulties, please call our office or emergency personnel to assist you.

We hope you will all enjoy the summer season. Please feel free to stop by the office to say hello or plan on coming to one of our events.

Warm Regards,

Sue Kelliher

Sue Kelliher, Director



In This Issue

Volunteers Making a Difference
Upcoming Events
We Could Use Some Help
National Bison Month
Ted Reinstein comes to
Sherborn
Town Employee Spotlight
Emergency Calls
SHINE
Let's Have Some Fun
Stay Fit
Note Cards for Sale
Notable Elder

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.



Springwell Volunteers Make a Difference in our Communities

Peg Camp is a Springwell Home Delivered Meals (also known as Meals on Wheels) driver who loads up at the Ashland Senior Center and delivers meals to older adults in Hopkinton and Holliston. She believes “volunteerism is the engine that makes our society work.”

Camp gained this appreciation for the value and necessity of volunteers in her career with the American Cancer Society, a volunteer health organization. “I love being a home-delivered meals driver and the two mornings a week I volunteer, I try to put a smile on people’s faces. Yes, I deliver a good balanced meal recipients look forward to but just as important is the friendly conversation we have which may make a difference in their day - it does mine!”

“I learned about the meal delivery program from a woman who also volunteered with the American Cancer Society and was a home delivered meals driver,” shares Camp. “I was so impressed with what she did and the joy she got from it that as soon as I retired, I called to volunteer with Springwell.

“My mother lived to be 98 and I spent a lot of time with her and her peers as they faced the challenges of aging. I also saw how the smallest gesture would make their day. As a driver, I check in to see how they are doing and maybe just talk about the weather or the latest ballgame score.

“Some people may not realize that many of the meals are delivered by volunteers and that there is a great need for more volunteers,” notes Camp. “We must keep making people aware of the need. The job of a home-delivered meals driver is simple but the impact is immeasurable. With a GPS, I have no trouble finding the delivery addresses. The time goes by fast. It is a small effort for a big reward. Everyone is grateful to receive a well-balanced meal. I often wonder what they might eat if they didn’t have this meal. People are almost surprised by this gift of time and attention. It is humbling to see how much it means to people.”

Peg Camp believes that volunteers keep communities moving and looking out for our neighbors keeps us human. If you would like to learn more about becoming a volunteer home delivered meals driver, please contact our Volunteer Office at (617)926-4100 or by email at volunteer@springwell.com.



Neighbors Helping Neighbors

Please consider donating to Sherborn’s Elder and Disabled Tax Aid Fund. This fund provides financial assistance to Sherborn homeowners, many whom are long-time residents.

In the past several years, donations have dropped dramatically, while the need for assistance has grown. Any amount is greatly appreciated! We also encourage applications for assistance, so if you are looking for help, or are able to donate, please check the Town’s website. You may also contact the Town Treasurer for more information at treasurer@sherbornma.org. or call 508-651-7859.

Thank you!

What's Coming Up?



Men's Group - Monday, July 24th and August 28th @ 12:30 pm.

This group meets the fourth Monday of each month at The Heritage. 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.

Which Craft Program: Wednesdays, July 12th and August 9th @ 10:30 am/COA Office. Allie Lopez-Carauda, the instructor for

our monthly Which Craft program, will focus on a new project every month. Or you can bring your own project to work on,

Some of our programs do not meet in the summer. We are still scheduling summer programs; they haven't yet been confirmed. Be sure to check our calendar or sign up for our weekly email blast at www.sherbornma.org

Book Club doesn't meet in July or August. Our next meeting will be on Tuesday, September 19th @ 11:00 am. We will be reading *Horse* by Geraldine Brooks.

Our Dementia Lunch and Learn program will resume in September. The Sherborn COA and Holliston COA have partnered to bring you Lunch and Learn. Each month, attendees enjoy a boxed lunch and featured speaker. They meet on the last Friday of the month, the next one is Friday, September 29th @ Noon.

Senior Cafe will begin again in September.

Summer Hours: Town Clerk

The Town Clerk's office will be closed on Fridays, beginning June 2nd and ending on September 8th.



We all scream for Ice Cream

**Wednesday, July 19th
1:00 pm - 3:00 pm**

The ice cream truck will make stops around town and treat you to ice cream. Details forthcoming.

Summer Bar-B-Q Thursday, July 20th Noon



The Sherborn Fire Dept. will be hosting a BBQ at the DPW garage. Details forthcoming.



Back by Popular Demand

Elvis is coming back to Sherborn

**Thursday, August 3rd
Noon on the Library Patio**

Enjoy pizza and Elvis out on the patio of the library. We will move inside if it rains. Pizza is on us!

**IF NOT YOU,
THEN WHO?**

We Can Use Some Help...Volunteer Opportunities

Various town committees are in need of members. You could serve on Personnel, Conservation, Disability, Elderly Housing Committee, Energy and Sustainability, Town Forest plus many more. Contact Diane Moores at 508-651-7850 for more information and application.

The COA Board is looking for Associate Members. Being an associate member will acquaint you with the Council before coming on as a board member.

The Friends of the Sherborn COA is also looking for some new board members. The Friends is the organization which funds many COA programs. It is a great way to get involved. Email Audrey Raycroft at arraycroft@comcast.net

Some more opportunities

The COA often receives calls from older adults that need help with yard work or snow removal, shoveling walkways and steps. We are trying to compile a list of students that may be interested in assisting these residents. It's a great way to get community service hours, or in some instances, residents will pay for the services.

We also have opportunities available for those interested in becoming a friendly visitor. Please contact the COA for more information.

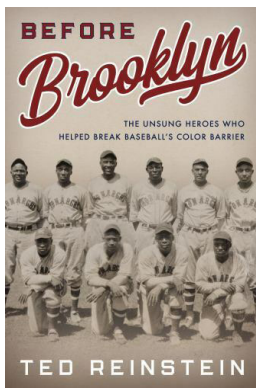


Did You Know? It's National Bison Month So It Got Me Thinking

I have been fascinated by all the chatter about artificial intelligence, and it got me thinking. I had to drop an article which was originally in this spot and in search of a new topic to feature. I learned it was "National Bison Month," so my husband suggested I ask ChatGBT to write a paragraph about taking your bison to lunch. So that's what I did and this was generated by ChatGBT in about two seconds...

"Take Your Bison to Lunch" is a whimsical concept that combines the extraordinary with the ordinary, capturing the imagination and challenging societal norms. Imagining a scenario where individuals can casually bring their majestic bison companions to lunch creates a delightful juxtaposition between the wild and domesticated. The image of a bison calmly grazing beside restaurant patrons sparks a sense of wonder, inviting us to reconsider our relationship with nature and embrace unconventional companionship. This playful idea not only invites us to dream but also encourages a deeper connection with the natural world, reminding us of the beauty that exists beyond the confines of our daily routines.

Artificial intelligence is definitely changing our lives – from education and politics to art and healthcare. The AI industry continues to develop at a rapid pace. This new technology has its pros and cons. Geoffrey Hinton, known as the "godfather of AI," spent decades advancing artificial intelligence. Now he says he believes the AI arms race among tech giants is actually a race towards danger. (*Exerpts from: What is AI and how will it change our lives? NPR Explains*). Something we all need to keep an eye on regarding the future of AI.



***Before Brooklyn* with Ted Reinstein**

Thursday, June 28th @ 6:30 pm at the Sherborn Public Library

In April of 1945, exactly two years before Jackie Robinson broke the color barrier in major league baseball, liberal Boston City Councilman Izzy Muchnick persuaded the Red Sox to try out three black players in return for a favorable vote to allow the team to play on Sundays. The Red Sox got the councilman's much-needed vote, but the tryout was a sham; the three players would get no closer to the major leagues. It was a lost battle in a war that was ultimately won by Robinson in 1947. This book tells the story of the little-known heroes who fought segregation in baseball, from communist newspaper reporters to the Pullman car

porters who saw to it that black newspapers espousing integration in professional sports reached the homes of blacks throughout the country. It also reminds us that the first black player in professional baseball was not Jackie Robinson but Moses Fleetwood Walker in 1884, and that for a time integrated teams were not that unusual. And then, as segregation throughout the country hardened, the exclusion of blacks in baseball quietly became the norm, and the battle for integration began anew.

This program is sponsored by the Sherborn Council on Aging and Sherborn Library. You can register by calling the COA office at 508-651-7858 or registering on the library site at www.sherbornlibrary.org.

Since 1995, Ted Reinstein has been a reporter for “Chronicle,” WCVB-TV/Boston’s award-winning—and America’s longest-running, locally-produced. In addition, he has been a contributor for the station’s political round table show and sits on WCVB’s editorial board. He lives in Holliston with his wife and two daughters.

Employee Spotlight - Amy Davidson



The minute you meet Amy you can't help but like her. She has a welcoming smile and contagious laugh. Amy grew up in an antique house in Framingham. She lived in Sherborn for 30 years in “Colonel Sanger’s General Store (1805)” which was almost the same age as the house where she grew up.. She has three children: Forest, Charlotte, Theodore. Throughout the years she has been involved in many Sherborn clubs and activities: Boy/Girl Scouts, sports, drama, Garden Club, church, school.

She received her B.A. from Smith College and works in Town Hall as an Assistant in both the Assessors and Accounting Offices. You can find her in the Assessor’s office in the morning, working on real estate inspections and valuations, excise tax, deeds, lists of abutters, farms, tax aide, exemptions/abatements, and the Veteran’s work-off program. Later in the day she assists the Finance Director with warrants, budgets, account reconciliations, and auditing needs. And in her spare time she enjoys plants and gardens, reading, walking, word puzzles, languages, and all creatures great & small! A “Jill” of all trades, she is an invaluable asset to the town!

Favorite Food: Pad Thai

Something on your bucket list: Visiting Greece

Best Vacation: Travels with my sister

Dogs or Cats: Dogs (Newfoundlands!)

Pet Peeve: Poor grammar



Emergency Calls

Written by Penn Young - Sherborn resident since 1990

Tone of voice matters - ask any parent, teacher or dog owner. This is a case where tone of voice, thoughtfully heard, led to quick assistance from one Sherborn Department to another. Not just quick assistance, but anticipated assistance.

Here's the story - Sherborn Police Department (SPD) Sergeant James Graziano, a seasoned veteran of the Department, was working a traffic detail on Route 16 near Old Orchard Road, a fairly routine task for a Sherborn cop. The routine changed when the passenger in one of the stopped cars jumped out and ran over to Sgt. Graziano, his face bloody, saying the driver had assaulted him. Then the driver jumped out and fled on foot. It turns out he had reason to; there were arrest warrants out for him.

Despite these surprises, Sgt. Graziano remained calm, and called for an ambulance and police assistance. Chief Ward and Lt. Klaus Ullman of the Sherborn Fire and Rescue department (SFRD) were each keeping an ear on the radio. They could tell, knowing Sgt. Graziano, that something out of the ordinary was up. His tone of voice told them. But let me be clear, Sgt. Graziano was calm and professional at every moment. It was the intensity demanded by a complex situation that Chief Ward and Lt. Ullman heard.

So while Sherborn Police and members of nearby departments, including a canine unit from Millis, responded to search for the suspect, Chief Ward preemptively went to the scene and Lt. Ullman got himself ready to be called. Sure enough, the pursuit became a rescue.

The suspect first ran to the south side of Route 16, then crossed the road and hid in the swamp. At one point, he lay in the water with just his nose and mouth above the surface. But that doesn't work long in cold water.

His hiding didn't work and he was spotted. A Sherborn Firefighter/EMT had put on a water rescue suit while en route in the ambulance. Deputy Fire Chief Josh Buckler put on a second suit and together they got the suspect, now suffering from hypothermia, out safely



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He was taken by ambulance to MetroWest Medical Center. A Sherborn Police officer went with him and, since he was in SPD custody, an officer had to stay with him until he was arraigned. The arraignment, fortunately could be done via Zoom. Unfortunately, the court was jammed, and we had an officer at the hospital for 24 hours (not the same officer, thankfully). As for the battered passenger; he refused treatment and drove away in the car, which it turns out was his. So something of a mystery remains there.

SHINE Success Story: Helping with Late Enrollment Penalties

Dave came to the Framingham Senior Center to meet with a SHINE counselor on May 1st. Dave was very confused about his insurance and did not understand his coverage. He also did not sign up for his Medicare Part B and D on time, resulting in lifetime late enrollment penalties! Dave has very expensive medications, which he could not afford along with the enrollment penalties.

Once Dave met with our counselor, they worked to get to the bottom of the confusion. The first step was to screen him for public benefits which would help him save money. Due to Dave's income and asset level, he appeared eligible for a Medicare Savings Program. This program would help him pay his Medicare part A and B premiums, deductibles, copays and provide "Extra Help" to lower the costs of his medications. Best of all, it would also cover his late enrollment penalties. Safe to say, Dave left the appointment fully understanding his coverage and with more money in his pockets.

Remember, SHINE volunteers are available year-round. If you are on Medicare and think you're overpaying for drug and medical services, make an appointment. You never know, you might save hundreds of dollars.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

If you are turning 65 this year, you will want to make an appointment with a SHINE counselor. They are experts on everything you need to know about Medicare. You can call us at 508-651-7858 to set up an appointment. It will be well worth your time and even money.



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LET'S HAVE SOME FUN

Day Trips Coming Up

Gloucester Harbor Lobster Bake Cruise

Thursday, July 27th

Cost: \$169.00 pp

Isle of Shoals and Portsmouth Harbor Lighthouse Tour, Thursday, August 24th

Cost: \$149.00 pp.

Essex Steam Train and Riverboat In partnership with Holliston COA

Thursday, October 19th. Cost: \$149.00 pp

This will be a great day away, a Rail and Sail adventure. Enjoy a train ride and lunch on the Essex train and then board a Riverboat and cruise the Connecticut River. Lunch is included. Full Payment & Meal Choice Due Upon Reservation. No refunds. Reserve by September 28th.

ABBA - Tribute Band

Wed., November 15th @ Lake Pearl, Wrentham
Includes Transportation, Plated Luncheon, Show
Cost: \$115.00

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Start Packing

**Two Overnights Trips
Must Book Now - Trip reservations
are coming up.**

**Lake George Balloon Festival
Sept. 22 through Sept 24, 2023.** This trip must be
paid in full by July 28, 2023.

**Penn Dutch Country &
The Miracle of Christmas
Dec. 5th – Dec. 7th.** This trip must be paid for by
October 17th, 2023.

Check out our website for a full list of trips.



**Community Engagement Meeting
Tues., Aug. 8th @ 2 pm
Library Community Room**

Come meet Sherborn's Police and Fire who want to hear your thoughts on how they can better serve the community. They will also discuss ways they can provide support to the community and answer any questions and concerns you have.

Please RSVP to the Sherborn Council on Aging
508-651-7858 or email us at coa@sherbornma.org

Stay Fit

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 are 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.

Our weekly walk has moved temporarily to the Medfield Rail Trail on Ice House Road.

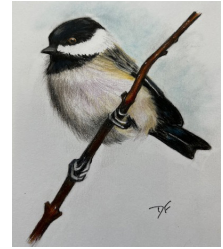
Exercise classes are \$5.00 excluding the weekly walks where there is no charge.

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

Note Cards for Sale 4 Cards ~ \$10.00



Blue Footed Booby



Chickadee



Indigo Bunting



Northern Cardinal

We are selling these beautiful note cards that were drawn by Dennis Feen. He was one of the artists featured at the Library's Art Show.

Cards are available for pick up at the COA and Collector's offices, Dowse Farms, or online at sherbornma.org. Proceeds go to the COA.

Kingsbury Club - Senior Swim

You can take advantage of Senior Swim at the Kingsbury Club 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 a picture ID. The cost is \$5.00; they ask you pay in cash.



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Notable Elder - Bill Miller

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



I first encountered Bill Miller at a Zoom meeting of the Historical Society. He told everybody — with evident pride — that he had become an octogenarian. I took note of that. He also said that he would oversee the production of an educational, historical and fun video to celebrate the town's 350th anniversary in 2024. I wondered what had prepared him for that task.

I investigated and found that Bill had attended Boston University, majoring in Communications. While there, he worked as an intern at WGBH and later at WBZ Radio. After graduation in 1964, he was a writer for WHDH Radio and Television and five years later he moved on to become Film Director at Houghton Mifflin Publishing Co.

Having ten years of experience beyond graduation, it was time to go out on his own; he became the co-owner and Vice-President of Bostonia Film Production (AKA Spotwise Agency). He also created Bill Miller Film and Video Productions and still serves as its owner and CEO today. Through these two entities he has satisfied many clients across the country such as Walt Disney Television, ESPN, NBC, ABC, Viacom, New York Mets and the list could go on. As can the list of industry awards and citations such as Emmy's, Clio's, Art Director Club Medals and more. In short, after many years of creative work in virtually all areas of communication, Bill is well qualified to make a video for Sherborn and we are fortunate to have him. But Bill is more than his work.

Back in the early days of his life, the athletic high schooler was disappointed to be passed over for not meeting the mark for the BU hockey team. He compensated by taking \$5 horseback riding lessons at Blue Hill. He had always liked being around horses but didn't have the opportunity in New Rochelle where he grew up. After he graduated, some friends asked him to join them in renting a small estate in Dover. The price was right (\$75 each) and so was everything else: fully furnished, a color TV and a stable! Of course, he got a horse. A dream came true!

About this time he married his first wife and soon bought his first home in Sherborn. Of course it had a stable, and immediately he had three horses. He joined the Tanheath Hunt Club and rode the Sherborn trails. Unfortunately the marriage didn't work out and when the property was divided by a judge, Bill was awarded the horses, but she got the farm. Disappointed, he decamped horseless to the city where he tried to forget about horses. It was more than two decades of living in Boston and Wellesley before he bought a farm in Sherborn bringing to it his "new" wife Lynne. He's back riding horses again and is a member of the Norfolk Hunt Club and a whipper-in, an honor he has held for 25 years.

But the "Cowboy Spirit" (the name of one of his full length movies) is still with him. He is now in the process of tossing away his English saddle and riding habit and replacing them with a western saddle, chaps and spurs. He's chasing cows, learning how to rope, finally feeling fulfilled. He says he's living the good life with his "new" wife of 52 years. "The stable is full and the dream goes on. Riding to the end of the trail."

**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
Carole Marple

The COA Board meets on the last Tuesday of the month at Town Hall at 9:30 a.m. 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,
Outreach Coordinatr**
coaoutreach@sherbornma.org

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Your COA is a Resource

Council On Aging

The COA staff is here to help and provide resources. We 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 will be 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. Call us for the application at 508-651-7858.

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

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