

# Sherborn LINK

## COMMUNITY NEWS

### FROM THE DIRECTOR

Greetings,

The hustle and bustle has stopped; we finally have time to catch our breath. Now it's time to focus on what's ahead in 2024. It is our hope you include us in your plans and look into the many programs we are offering.

Please consider dropping by the Sit 'n Sip Sherborn Community Center any Tuesday or Wednesday, from 9 am - Noon. Enjoy a nice hot cup of coffee, some refreshments, and company. All are welcome.

We have some new lifetime learning classes. Check out the Abstract Art class, learn about Mindful Eating and How We Can Control Climate Change. Not all our classes are included, in this Link due to space restraints. They are all posted on the website and we have printed copies as well. We will include the remainder of the classes in the next issue.

We are introducing a new exercise class, Tai Chi, which will be starting in January. Tai Chi is a great exercise to try if you would like to improve balance and muscle strength. It's also good for stress relief. (See page 5)

We weren't able to lock down our Senior Cafe schedule or Library programs prior to this issue going to print. There will be interesting programs and presentations for both. Remember to check our website at [www.sherborncoa.org](http://www.sherborncoa.org) for the latest updates or sign up for our weekly email blast.

As always, we look forward to seeing you in 2024. May your new year be happy and healthy.

Warm Regards,

*Sue Kelliher*

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.

## NOTABLE ELDER



### **Nancy Hess**

From the start, Nancy Clewes Hess embedded herself in the life of the community, and in many imperceptible ways has influenced the Sherborn of today. She was born in 1942 and grew up here taking advantage of the many opportunities the community then offered children.

Nancy attended Center School and Sawin Academy and then went on to Framingham High School. She was in demand as a babysitter, but she also worked at a number of part-time jobs. She met Frank Hess when he was picking apples at Dowse's. He seemed interesting enough for her to change her college plans in order to be closer to him. Nevertheless, she graduated from Fitchburg State well prepared to become a teacher, and a week after graduation, Nancy married Frank.

Her teaching career began in a first grade classroom with 38 children, no classroom aids, and the mandate to teach Music, Art and Phys Ed, besides the usual subjects.

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.

She enjoyed teaching until 1968 when the first of her three children was born. The couple bought a 4-room bungalow in Sherborn. Nancy combined motherhood with getting a Master's Degree and doing some substitute teaching. As the family grew, a second floor was added to the house.

In 1969, the family began summering on Martha's Vineyard. They started working in the bar business, but soon invested with other couples in a 48 room inn. Nancy was the "Function Manager," planning good times for groups of guests, but also found herself bussing tables and folding sheets. The family lived and loved the Vineyard and eventually divested themselves of the inn and purchased their own cottage.

The activities of Nancy and Frank as parents were totally child-centered. Whenever adults were needed, the Hess's were available. When her children were in high school she served on the Headmaster's Advisory Group where she organized the first pre-prom party to compete with the real cocktail parties that threatened to become part of the scene. Kids chose the pre-prom party and the tradition carried on for many years.

With the children grown, Nancy began to volunteer at Town Hall. She started in the Town Clerk's office, helping with elections and transitioning to a computerized census voter program. Then she was asked to help with transitioning to a computerized tax program. She began as a clerk was elected Tax Collector in 2001.

Meanwhile she served on too many town committees to report, and navigated many changes in both technology and the law. She made a monumental effort to get a tax exemption for seniors who were over 80 years old and had paid real estate taxes for at least 30 years. It failed in the state legislature. However her effort to change the Tax Collector title and job description to that of Town Collector succeeded.

Retired now, she remembers with gratitude the wonderful people in the community, the schools and at Town Hall. They helped her to achieve her goals. And like her teen age self, she continues to love to "babysit"--- her grandchildren!

# UPCOMING EVENTS

**FREE DEMENTIA LUNCH & LEARN**  
**LAST FRIDAY OF THE MONTH**  
**@ 12:00PM - UNITARIAN CHURCH**  
**MUST RSVP FOR LUNCH**

**FRIDAY, JANUARY 26TH**  
**Dementia LIVE**

Dementia LIVE is a simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Please join Sandy Pellegrine, LPN and Certified Dementia Practitioner, who is also part owner of Right at Home with extensive caregiving experience.

**FRIDAY, FEBRUARY 23RD**  
**Memory Loss & Mental Health**

Depression and anxiety can cause forgetfulness. Alternatively memory loss can deepen depression and anxiety. The intense demands of caregiving can also lead to stress. Self-awareness and having practical strategies to use can help. Join Sherry Ruff, MPH who is a public health professional. She has extensive experience with seniors, Neurodegenerative diseases, memory loss, as well as multicultural, multilingual, and vulnerable populations.



**BOOK CLUB**  
**3RD TUESDAY @ 11 AM**  
**SHERBORN LIBRARY**  
**JAN 16 / FEB 20**

New readers are welcome!

The book choice for January has not yet been chosen at this writing. The library orders the books for us. Books are listed on our website.

Please RSVP to  
coadirector@sherbornma.

**SENIOR CAFES**  
**THURSDAYS @ NOON**  
**PILGRIM CHURCH**  
**25 S. MAIN STREET**  
**\$5.00 DONATION**

Join us for a weekly lunch and some type of program or entertainment.\*

\*Programs may change

**MAHJONG**  
**EVERY WEDNESDAY @ 10:00 AM**  
**TOWN HALL, 2ND FLOOR**

Mahjong is a fun and challenging game. You can meet new people and at the same time exercise your brain. All levels are invited.

Please let us know you are coming. RSVP to  
coaprograms@sherbornma.org. or 508-651-7858



**MENS LUNCH**  
**4TH MONDAY OF THE MONTH**  
**@ 12:30 PM**  
**THE HERITAGE RESTAURANT**  
**JAN 22 / FEB 26**

The Men's Lunch group meets at the Heritage Restaurant. Men from all towns are welcome to join.

New diners are always welcome. Please contact Melinda at coaoutreach@sherbornma.org for more information and to RSVP.

**INTERGENERATIONAL**  
**ART PROGRAMS**

These workshops are presented by the COA and the Library and designed for all ages. They are held at the Library.

We were still in the process of finalizing our January/February workshops. Plans are in place for mindful stitching, making Chinese dumplings, coffee and chocolate and much more.

Be sure to check out our websites and email blasts for when they will be scheduled.

## WHAT'S UP?



**A "LOVELY" AFTERNOON**  
**FRIDAY, FEB. 9TH**  
**5:00 PM - 8:00 PM**  
**At the Library**  
Enjoy an early Valentine's Day and join us at the Library for the movie, **Barefoot in the Park**, refreshments and entertainment from the HS acapella group. Come be our sweethearts. It promises to be a fun program.



**IRISH TENOR**  
**WED.. MARCH 6TH**  
**DAY TRIP**  
Enjoy St. Patrick's Day a wee bit early with everything Irish. This day trip will be at the Danversport Yacht Club. Transportation, meal, and entertainment included.  
**Cost: \$ 128 pp**

### SOME REMINDERS

#### CANCELLATIONS

In-person COA classes and events will be canceled if Sherborn schools are canceled due to inclement weather. Zoom classes will still take place.

#### DIAL-A-RIDE

Have you filed an application for Dial-A-Ride? This is a great option if you don't want to drive to doctor's appointments or when the roads are icy or snowy. Your account needs to be set up prior to using the service. You can find an application on our website or call the office and we'll mail you one.

#### PLEASE, PLEASE RSVP

Once again we are requesting that you RSVP to all programs/events. It allows us to ensure we have enough food, materials and participants. Our lunches, programs and instructors all cost money that comes from our budget. It helps us plan accordingly when you RSVP. Thank you.



### GET VACCINATED

There are immunizations available to help protect you against three major respiratory diseases: COVID-19, flu, and RSV.

Immunization remains the best protection for reducing the risk of serious illness, hospitalization, long-term health impacts, and death.

Updated flu vaccines are available, including flu shots and a nasal spray flu vaccine. There are many flu vaccine options available this season.

Updated COVID-19 vaccines are also available. These are effective in protecting you from serious illness, hospitalization, and death from COVID-19. They also reduce the risk of Long COVID.

RSV can cause serious illness in infants, young children, and older adults. Talk to your healthcare provider about whether the RSV vaccination is appropriate for you.



# HEALTH & FITNESS

## FITNESS FUN

**MONDAYS @ 8:45AM / TOWN HALL, 2ND FLOOR**

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 @ 9:15AM**

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.

## LINE DANCING - SHERBORN COMMUNITY CTR

**WEDNESDAYS @ 10:00AM**

No experience is needed. A variety of dance styles are taught to all levels of ability.

Dance Instructor Lisa Abbascia O'Leary will be leading this class. Sessions run for five (5) weeks!

## NEW CLASS! STARTING WED., JANUARY 17TH

### TAI CHI - TOWN HALL/2ND FLOOR

**WEDNESDAYS @ 1:00 PM**

We are excited to add Tai Chi to our list of fitness classes. Tai Chi is a gentle form of exercise that can help maintain strength, flexibility, and balance. It also has value in treating or preventing many health problems, such as arthritis, diabetes, and depression.

Robin Natanel is a certified Tai Chi Instructor. She has been teaching Tai Chi meditation, mindfulness and mindful eating for over 20 years.

## WEEKLY WALK

**THURSDAYS @ 9:00AM**

Our weekly walk meets at the Holliston Rail Trail. Please let us know if you are coming, in case we have to cancel.

## CARDIO, CORE AND MORE - ON ZOOM

**FRIDAYS @ 9:30AM**

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.

## CONTACT

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

Contact Kristina to register for any class. Email [coaprograms@sherbornma.org](mailto:coaprograms@sherbornma.org) or call 508-651-7858.



## KINGSBURY CLUB - SENIOR SWIM

Take advantage of Senior Swim at the Kingsbury Club which is located at 2 Ice House Rd in Medfield.

The 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.

Call 508-359-7800 for info.

# TOWN NEWS



## **DOROTHEA VON HERDER**

Dorothea Von Herder has been the Town's part-time Sustainability Coordinator for 3.5 years. Her job's main focus is to engage the whole community in achieving a reduction of carbon emissions from homes and cars, which constitute a whopping 86% of the town-wide carbon footprint.

Her advice: Do not wait until your heating system is failing. Plan for its replacement way ahead and take advantage of the steep rebates and tax incentives the state has put in place for an equitable transition to renewable energy sources.

## *let's celebrate!*

Sherborn will be celebrating their 350th year since incorporation. In anticipation of this milestone year, a steering committee has been created and hard at work. You are all invited to be part of this year-long celebration of Sherborn as we learn more about our history and look ahead with pride to our future. Check out the website: [www.sherborn350.org](http://www.sherborn350.org)

**Favorite Food:** German bread and Italian cheeses  
**Something on your bucket list:** Biking around the world with your husband (no kidding!)

**Best Vacation:** Kataran sailing vacation with kids in the British Virgin Islands

**Dogs or Cats:** Butzi, the smartest, softest, most social Siberian

**Pet Peeve:** Wasteful behavior of any kind.

You can be part of this, and you would be surprised by how many in your community have already done it while saving money.



## **DID YOU KNOW? WE HAVE A NEW TOWN PLANNER HEIDI DOYLE**

Heidi Doyle, who was previous, Town Treasurer, has been appointed as the new town planner, replacing Gino Carlucci. We congratulate Heidi on her new position.



## **VOTER INFORMATION**

For information on elections or to register to vote, visit the Secretary of State's site: <https://www.sec.state.ma.us/divisions>

## **PRESIDENTIAL PRIMARY**

Tuesday, March 5, 2024  
Town Hall, 7am - 8pm

Track your ballot  
[www.trackmyballotma.com](http://www.trackmyballotma.com)



## **NEIGHBORS HELPING NEIGHBORS TAX AID FUND**

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

If you are looking for help, or are able to donate please check the Town's website. Any amount is appreciated and helps. Thank you.

**SIT 'N SIP CAFE**  
**TUESDAY AND WEDNESDAYS**  
**9:00 AM - NOON**  
**SHERBORN COMMUNITY CENTER**  
**IS NOW OPEN!**

The COA, with the support of the Sherborn Community Center, offers a weekly cafe on Tuesdays and Wednesdays from 9 a.m. - noon.

The cafe is a great place to gather. Stop by for a cup of coffee and pastry, play some games, read a book, or just visit.

We hope you will join us.



**WE ARE LOOKING FOR VOLUNTEERS FOR THE SIT N SIP CAFE. INTERESTED?  
CONTACT THE OFFICE AT [COAOUTREACH@SHERBORNMA.ORG](mailto:COAOUTREACH@SHERBORNMA.ORG)  
OR CALL US AT 508-651-7858.**

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# LIFETIME LEARNING/WINTER & SPRING

**Please Note:** Due to space limitations, we've abbreviated the descriptions below and the list of classes is incomplete. A complete list, including detailed descriptions and Bios, can be found at [www.sherborncoa.org/ Lifetime Learning](http://www.sherborncoa.org/Lifetime Learning).

## ART HISTORY: A PASSION FOR ABSTRACTION

**MONDAYS, JANUARY 8, 22, 29, FEBRUARY 5 & 12 @ 10:30 AM – 12:00 PM**  
**SHERBORN LIBRARY COMMUNITY ROOM / COST: \$50.00**

Explore Abstract expressionist artists of the Modern Art Era. Each week will focus on a different artist: Lee Krasner, Jackson Pollock, Helen Frankenthaler, Joan Mitchell, and Richard Diebenkorn.

**Presenter:** Arlene Chaplin is a local artist and writer.

## LIKE A ROLLING STONE (THE GREAT FOLK REVIVAL FEATURING BOB DYLAN)

**MONDAYS, JANUARY 29 & FEBRUARY 5 @ 3:30 - 5:00 PM**  
**ON ZOOM/ COST: \$30.00**

Winter is a perfect time to groove, so this workshop focuses on the lyrics that spoke to a generation. Enjoy a warm and relaxing respite from the winter outside while learning a brief history and overview of the "Folk Revival" movement and explore and discuss lyrics by Bob Dylan.

**Presenter:** Roz Kubek is a retired Pembroke English Dept. Head whose favorite hobby is teaching.

## CAN WE STOP CLIMATE CHANGE?

**WEDNESDAYS, FEBRUARY 21, 28, MARCH 6, 13 & 20 @ 10:30 AM – 12:00 PM**  
**SHERBORN TOWN HALL, 2ND FLOOR/ COST \$50.00**

Learn more about climate change and climate equity. Become more effective communicating with friends, family, community members, and leaders about climate change, and taking action to mitigate the impact of climate change on our ourselves, our communities, and our planet.

**Presenters:** Seth Evans serves on the leadership team of Elders Climate Action Massachusetts. Tom Rawson is a retired 7th- and 8th-grade science teacher.

## MINDFUL EATING

**MONDAYS, MARCH 4, 11, 18, 25, APRIL 1 & 8 @ 11:00 AM – 12:00 PM**  
**SHERBORN TOWN HALL, 2ND FLOOR / COST \$60.00**

Mindful Eating is not a diet; there are NO menus or recipes. This 6-week course will help you focus on eating mindfully by learning how to balance how you eat, being aware and present when eating, and noticing your habits. Feeling in charge of your eating while having fun are the goals of this program!

**Presenter:** Certified Instructor Robin Natanel has been teaching Tai Chi/Meditation & Mindfulness for 20 years.



# LIFETIME LEARNING/WINTER & SPRING

## CHALLENGES FACING AMERICAN POLITICS

MONDAYS, MARCH 4, 11, 25 & APRIL 1 @ 1:30 - 3:00 PM

SHERBORN TOWN HALL, 2ND FLOOR / COST: \$40.00

An election year always gives us the chance to think about the state of American politics today, the topics that are animating our political discussions and the future of our nation. What are the issues we are discussing in political life today, and how will the upcoming election address those issues? Join us for a series of meetings where we will discuss some of the challenges facing American politics.

**Presenter:** Dr. David Smailes is the Program Coordinator and Advisor for the Master of Public Administration program and Associate Professor in the Political Science Dept. at Framingham State.

## OPERA FOR EVERYONE

TUESDAYS, MARCH 5, 12, 19, 26 & APRIL 2 @ 1:30 PM - 3:00 PM

ZOOM (TBD IF IN PERSON - SHERBORN TOWN HALL, 2ND FLOOR)/COST: \$50.00

This course will engage even the most reluctant listener. Explore four opera lectures in detail, which will be keyed to the HD simulcasts from the Metropolitan Opera shown at local cinemas: Verdi's La Forza del Destino, Gounod's Roméo et Juliette, Puccini's La Rondine, Puccini's Madama Butterfly, The Sounds of Vienna - Opera and Operetta program.

**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.

### LIFETIME REGISTRATION FORM

Please Print

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

Phone: \_\_\_\_\_

\* Email: \_\_\_\_\_

(\*must be filled out to receive class communication and handouts).

You can mail your registration and payment to the Town Collector, 19 Washington Street, Sherborn, MA 01770 or register online at [sherbornma.org](http://sherbornma.org). Please make checks payable to the Town of Sherborn.

### CLASS LISTING AND FEES

- Passion for Abstraction/\$50
- Opera for Everyone/\$50
- Climate Change/\$50
- Mindful Eating/\$60
- Politics/\$40
- Rock and Roll/\$25

**Total Enclosed:** \_\_\_\_\_

### Some Lifetime Learning Reminders...

**We have to plan for classes well in advance. We try to run each advertised class, however, we need accurate counts and payments for Lifetime Learning classes. We like to be considerate of the instructor's time which is why we need to have numbers prior to the classes.**

1. We reserve the right to cancel a class due to lack of enrollment.
2. Payment in full is required prior to beginning of class.
3. There are no refunds for registrations canceled two weeks before the start of class.

Full descriptions and all classes through May are on our website. We can provide you with a printed version as well. Additional classes will also be included in the March/April issue.

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## SHERBORN COA 2023/2024 BOARD

### BOARD MEMBERS

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

Ken Adams  
Jim Campbell  
Pam Sampson

### 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 open to the public.

### STAFF

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

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## OFFICE HOURS MONDAY - THURSDAY


9:00 am - 4:00 pm


### FRIDAY

9:00 am - Noon

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## CONTACT US

 19 Washington Street  
Sherborn, MA 01770

 508-651-7858

 coadirector@sherbornma.org

 www.sherborncoa.org

 Sherborn Council on Aging

 Sherborn Council on Aging

## 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 10:00 am - 12:00 pm. 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

PRESORTED  
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US POSTAGE  
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