

Sherborn LINK

COMMUNITY NEWS

April showers bring May flowers and we certainly have had enough of the showers. We have been busy getting ready for nice weather so we can bring some of our programs outside.

We were awarded an outdoor fitness program grant from the Metrowest Community Health Foundation. This grant incorporates a fitness program monitored by a health coach and includes several outdoor programs. We are planning corn-hole tournaments, nature and meditative walks including journaling (p 9), and move Tai Chi outside (p 6). These are in addition to our weekly walks in Holliston (p 6). We will also be partnering with Sherborn Rails and Trails, co-hosting walks with them.

Don't forget to check out the Town News (p 3). The annual Library Craft Fair, sponsored by the Friends of the Sherborn Library, takes place Saturday, May 11th. The town election is Tuesday, May 14, and Sherborn's 350th Celebration committee has planned several events. In addition, there are two Lifetime Learning classes left for the spring season (p 9).

Should you stay or should you go? We are partnering with Pilgrim Church to offer a series equipping you with information you may find useful when deciding whether to stay in your home or to look elsewhere before a crisis strikes (p 4).

We thank the Bay State Federal Savings Charitable Foundation for their sponsorship of our Dementia Lunch and Learn programs, and the Sherborn Business Association for supporting our Mens Lunch and assisting with the reprinting of the Sherborn resource directory. We are very fortunate to have strong community partners.

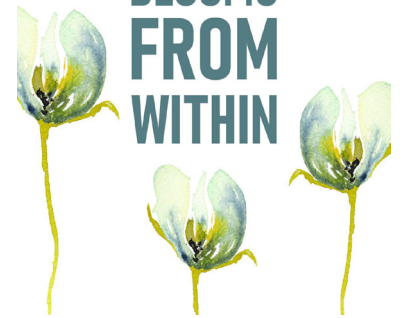
Let's hope for plenty of sunshine and enjoy the May flowers.

Warm Regards,

Sue Kelliher

Sue Kelliher, Director

HAPPINESS BLOOMS FROM WITHIN



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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



Sheila Urmston

If you haven't met Sheila Urmston, she's the spritely eighty-year-old with the ready smile topped with a mop of curly white hair. She and her husband Tom have been residents of Sherborn since 1971. Sheila hails from New Jersey where she went to a boarding school (which she loved) and then to a two-year college (which she hated). She settled in NYC and went to Katy Gibbs Secretarial School (white gloves, hat and all) where she learned a lot despite often being on disciplinary probation. After graduation she was hired by a shipping company on Wall Street. She ran the small office, and successfully took on the bookkeeping for five companies- a function that she had not thought was part of her skill- set.

Sheila met Tom Urmston in 1966 on Martha's Vineyard where Tom's family had a place. They married the following year, and in the early years of their marriage, Sheila continued her education by taking courses at Columbia University while working part time.

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.

In time Sheila and Tom began to look for a forever home. They fell in love with Sherborn especially after they came upon Farm Pond and a stone farmhouse with fields and woodland now named Cloudberry Farm. It was just the place to raise a family and invite Shelia's siblings to come and visit. Eventually four children were born, one girl followed by three boys. The children were joined by dogs, cats, sheep, pigs, chickens, fish, birds, lizards and of course, horses. Everyone learned to ride but only Sheila and her daughter engaged in competitive riding events. Happily Shelia's veterinarian sister was living on the property!

When the kids were at Pine Hill School, Shelia volunteered as a perpetual class mom with all the duties that title implies. When they moved to high school she became head of the Guidance Advisory Committee and Friends of Music. Shelia was happiest when her home was a hub filled with her kids and their friends.

In 1996 Sheila's parents moved from New Jersey to Parks Drive in Sherborn. Three years later when her Dad died, Tom and Sheila built an adjunct apartment on their home for Sheila's Mom, the best Mother-in-Law in the world, according to Tom. The same year Shelia graduated from Lesley University with a BS in Counseling Psychology. She put it right to work by

volunteering at a Suicide Hotline and at the Jimmy Fund Clinic at Dana Farber. And when the last child graduated from DS in 2001, she became a special ed aide at ECDC, Pine Hill and DS Middle School and frequently helped out at Pine Hill's Extended Day Program. Later she trained one of her dogs to be a registered therapy dog and they worked together at Children's Hospital in Boston.

While her mother was living at Cloudberry Farm, Sheila started a business in wastebaskets. She decorates plain wastebaskets with New Yorker covers, art from vintage calendars and special orders. The laminated finished products are sold quite successfully at a variety of venues.

Sheila and Tom are now the grandparents of five grandchildren and two step-grandchildren. Fortunately all live locally and are very much a part of their lives: The kids keep things lively just the way the Urmstons like it. The entire family still spends part of each summer on the Vineyard but occasionally Shelia and Tom disappear to faraway places for river and bicycling trips (e-bikes) through the countryside. However they are always glad to get back to their Sherborn home where most of the animals have been replaced and cloudberry Farm is now an organic flower farm run by one of their children.

TOWN NEWS

ANNUAL ARTS AND CRAFTS FAIR SAT, MAY 11, 2024 @ 10:00 AM - 4:00 PM



The annual Sherborn Library Arts and Crafts Fair offers unique arts and crafts, beautiful plants, fun family and children's activities, and delicious local food. It is a day to look forward to - families, friends, crafters, artisans

and community groups from Sherborn and surrounding towns, join together for a festive spring day. This event is sponsored by the Sherborn's Friends of the Library.

SHERBORN LAUNCHES ELECTRICITY PROGRAM

The Town of Sherborn announces the launch of Sherborn Power Choice, a group electricity supply program which gives businesses and residents more choice and control over the electricity they buy. This program will be launching in June.

Participation in Sherborn Power Choice is not required. Sherborn electricity customers can opt out of the program before being automatically enrolled or try the program and opt out at any time with no penalty or fee. The program has three options to choose from. To learn about the details you may call the program consultant at 1-855-201-6233 or SherbornPowerChoice.com. You may also contact the Sherborn Energy and Sustainability Committee at <https://www.sherbornma.org/466/Sustainability>



NOTES FROM THE TOWN CLERK ANNUAL TOWN ELECTION IS MAY 14TH

In-person voting for the Annual Town Election will take place at Sherborn Town Hall, Tuesday, May 14, from 7:00 a.m. - 8:00 p.m.

Vote-by-Mail ballot packets should be mailed by the end of April to everyone who previously filed an application and checked off that they wish to receive a Vote-by-Mail ballot for all 2024 elections.

For those who have not submitted an application for 2024, the 2024 Vote by Mail Application form is under Town Clerk on the Town Clerk's page of the Town website, www.sherbornma.org.

Your vote counts, as there will be contested races this election.



SHERBORN'S 350TH

Keep up-to-date on **Celebrate Sherborn!** Honor the past, celebrate the present, inspire the future. Visit www.sherborn350.org

COMING UP

Town Wide Scavenger Hunt
April 15th - May 11th.

Sherborn Stories: A 350th Community Project
Wed. May 15th/6:30 - 7:30 pm

This event is hosted by Sherborn Historical Society in collaboration with the Sherborn Library.

Antique Car Show
Sat, May 18th/6:30 to 8:30 pm/Laurel Field

Take a ride into Sherborn's past, featuring antique tractors, farm equipment, trucks and cars from personal collections.

Save the Date
SherbStock
Sat., October 5th

You don't want to miss this one spectacular afternoon. More info later.

WHAT'S UP?



ON THE CALENDAR

Here are some upcoming events which have been scheduled. More are in the works,

Thursday, May 16th @ 12:30 Lunch at Pine Hill School

(Limited Number)

Come to Pine Hill and acquaint yourself with the fifth graders. Enjoy lunch and a special performance by the students.

Thurs., June 20th/9:30 am A Walk with Joys of Nature.

Take this nature walk along the Charles River with Joy from Joys of Nature. Learn about native plants and insects.

Breakfast at Silverwood Farm - Thurs., June 6th/10 am

Enjoy a morning visit to the Silverwood Farm. Enjoy some light refreshments and a tour of the farm. This event is always a favorite among guests.

Thurs, June 27th @ 12 PM Johnny Cash is Coming to Sherborn

Join us at the Sherborn Library and enjoy pizza and tunes from Johnny Cash. We always love this annual event.



MANY OF OUR EVENTS ARE ON HOLD FOR JULY AND AUGUST.

The COA will be open and planning for the fall. We will add special programs throughout the summer.

ON HOLD

Book Club, Line Dancing, Sit 'n Sip, Senior Cafes, Watercolor, Mens Lunch, Dementia Lunch and Learn

SHOULD I STAY OR SHOULD I GO SERIES MAY 2, 9, 16, 23 and 30th

We are partnering with Pilgrim Church during the five Thursdays in May, to address things to consider when deciding whether to stay in your home or to look elsewhere.

Each week a different professional will discuss things to consider before making the decision: what living options are available, how to declutter, where to begin. It promises to be a very informative series.

Meetings are in person at 10 a.m. at Pilgrim Church and will also be on ZOOM.

Reservations are encouraged. A ZOOM link will be sent before the meeting.

Contact the COA at coadirector@sherbornma.org or call 508-651-7858. Check our website or Pilgrimsherborn.org for more details.

WATERCOLOR CLASS THURSDAYS

We offer watercolor classes with Brenda Goldman on Thursdays, from 4:00 - 6:00 pm at the Library.

All ages and experiences are welcome. You need to register by calling the COA. There are limited number of slots.

Classes are \$10.00 each and are paid monthly.

OPEN IN MAY & JUNE



Join us at a Sit 'n Sip, enjoy coffee and conversation any Tuesday or Wednesday from 9 am- Noon at the Sherborn Community Center.

HEALTH & FITNESS

FITNESS FUN - TOWN HALL/2ND FLOOR

MONDAYS @ 8:45AM

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 (6) weeks.

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 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.

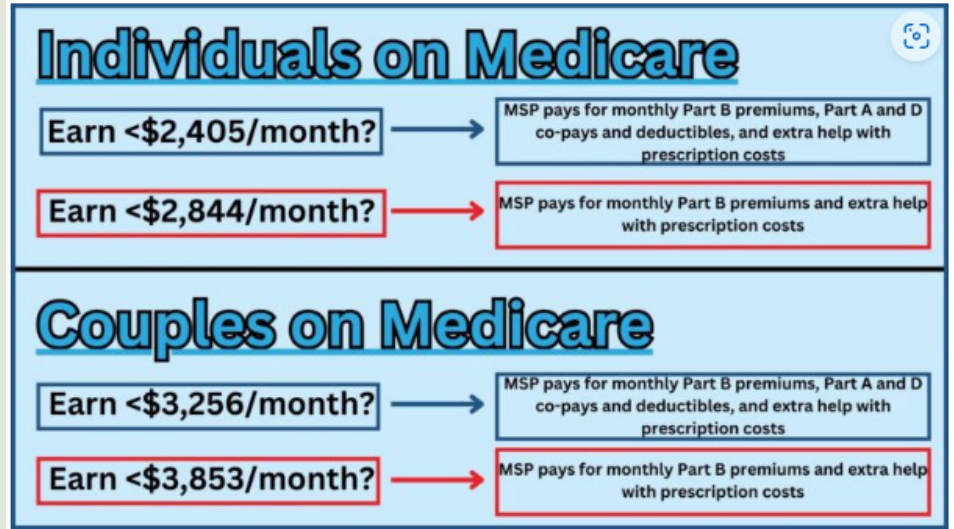
All you need to do is say you are from the Sherborn COA and bring a picture ID. The cost is \$5.00; they ask you pay in cash.

Call 508-359-7800 for info.

MEDICARE SAVINGS PROGRAMS EXPANDED IN 2024

Massachusetts advocates and lawmakers have been expanding the Medicare Savings Programs for several years, but as of March 1, 2024, eligibility for this program will be based on only one's income.

There is no longer an asset limit to be eligible for help with Medicare costs. You, or someone you know, may be able to save an average of \$2,000 - \$5,000 each year on Medicare costs for items like the Part B premium, Part B and Part A deductibles, co-pays on medical service, and low prescription drug out-of-pocket costs.



*Chart created by Health Care For All of Massachusetts

If your gross monthly income is near or below the limits listed in the chart, please call your local Council on Aging to make an appointment to meet with a SHINE counselor who can help you apply.

NEW SERVICE AVAILABLE FOR MENTAL HEALTH REFERRALS

Dover-Sherborn is excited to be partnering with William James College to have access to the **INTERFACE Referral Service Program**. William James College INTERFACE Helpline 888-244-6843 can provide direct help for Dover/Sherborn residents of any age in locating an available outpatient mental health provider who will also accept insurance.

Hours are Monday, Wednesday, Friday 9:00 am – 5:00 pm and Tuesday and Thursday from 8:00 am – 6:00 pm. This is not an emergency service line. If you are experiencing a mental health emergency, thoughts of harm, or an addiction crisis call Advocates 24/7 at (800) 640-5432.

What to Expect When You Call the Helpline

[En Español](#)

What to Expect When You Call the Helpline

1. Intake

When you call, you will speak with a referral counselor to complete a confidential intake (about 15-20 mins). You will be asked for information, including: email, phone number, your/your child's concerns, insurance, preferences around treatment modality, as well as your available timeframes for appointments.



2. Making/Providing a Match



A referral counselor will be in touch within the first few days to let you know that they are searching for providers. Once a provider match has been identified, a counselor will contact you to give you the provider's name, credentials, location, and phone number.

3. Following Up

After you have received the match(es), your referral counselor will follow up with you within 1-2 weeks to see if you have been able to connect with the provider(s), and if so, how it is going.



4. Closing a Referral

Once there is a successful match, the referral counselor will close the referral process with you. If you need additional support in the future, please know that you can always call the Helpline.

LIFETIME LEARNING/LAST TWO BEFORE FALL

SING! THE GREATEST SONGS 1960 – 1965

FRIDAYS, MAY 3 & 10 @ 1:30PM - 3:00PM

PILGRIM CHURCH, FELLOWSHIP HALL/COST \$20.00

Music – with class! These two programs contain favorite songs of the first half of the decade of the 1960s. The songs come from Broadway, movies, folk and protest, pop singers, and groups - even the Beatles! Each program contains around thirty songs to sing, and Jack provides anecdotal information that recalls these six years of American songwriting.

Presenter: Jack Craig is a musician, teacher, raconteur, and performer who keeps audiences all over New England entertained and informed by his wide range of musical programs.

POETRY'S ENGAGEMENT WITH MODERNISM

WEDNESDAYS, MAY 8, 15, 22 and 29th from 10:30 am – NOON

SHERBORN LIBRARY TRUSTEES ROOM/COST: \$40.00

In the late 19th and early 20th centuries, a cultural movement known as “Modernism” turned the world of art inside out. So deep was its impact, and so compelling the forces that gave it rise, that “modernity” transcended its arts-related meaning to become a vital historical force in its own right.

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 communications programs.

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. Please make checks payable to the Town of Sherborn.

CLASS LISTING AND FEES

Sing!/\$20

Poetry's Engagement/\$40

Total Enclosed: _____

Outdoor Mindfulness and Journaling - STARTING IN MAY

In this series of four walks, participants will engage in outdoor meditation and journaling practices to awaken and cultivate connection with nature. With nature as our teacher, we will step into mindful present moment awareness of the natural world. Practices will include exploratory walks and guided meditations to awaken the heart and mind to gratitude, peace, and joy. Time will be allotted for mindful journaling (writing, drawing, doodling) to record experiences and insights. Participants are welcome to attend any or all of the walks. Journals and pens will be provided. There is no fee for these walks.

Walks will be led by Lynn Joyce Hunter, MSW, MA, LICSW, a clinical social worker who uses mindfulness-based approaches to help people build resilience and well-being. Lynn is also trained in Mindfulness-Based Stress Reduction. Lynn teaches skills for managing stress in daily life and guides clients in discovering the healing resources of their own inner wisdom.

DATES

Monday mornings
10:30 am - Noon
May 13th
June 10th
September 9th
October 7th

VENUES

Unity Farm Trails
Broadmoor and others

WHAT TO BRING

Sunscreen, sun hat,
water bottle.

SHERBORN COA 2023/2024 BOARD

BOARD MEMBERS

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

Ken Adams
Denise Orlando
Pam Sampson

ASSOCIATE MEMBERS

Jim Campbell
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


OFFICE HOURS MONDAY - THURSDAY

9:00 am - 4:00 pm

FRIDAY

9:00 am - Noon

CONTACT US

 19 Washington Street
Sherborn, MA 01770

 508-651-7858

 coadirector@sherbornma.org

 www.sherborncoa.org

 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 are through JFK Taxi Service. You can purchase coupons at the COA office.

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 - Noon. 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
STANDARD
US POSTAGE
PAID
SHERBORN, MA

**POSTAL PATRON
SHERBORN, MA 01770**