

*welcome to*

# SHERBORN



WHAT TO DO

WHO TO CALL

WHERE TO SHOP

---

A COMMUNITY GUIDE TO HELP YOU NAVIGATE AROUND TOWN.



## CAN'T WAIT TO WELCOME YOU!

Whether you are new to Sherborn or have spent most of your life here, there is no place like this community. Sherborn was settled in 1652 and incorporated in 1674; and is governed by a combination of elected and appointed volunteers and a few key salaried officials. The Select Board and a traditional open Town Meeting govern the town. The Town’s rural character provides wonderful space for outdoor activities and a tranquil environment. Residents value the quality of life offered here which includes but is not limited to the excellent educational system and natural resources.

## HOW TO USE THIS GUIDE

This resource guide has been developed through a collaborative effort and is a direct initiative from a recent Community Needs Assessment conducted by the Center for Social and Demographic Research on Aging Gerontology Institute. It has been designed to provide information about programs, resources, and organizations that offer solutions or direction to further support all residents, including older adults and their families, optimizing the quality of life and independence.

You will find helpful information about living in Sherborn, aging in place, and participating in our community. We hope you will save it as a resource and check for updates at [www.sherbornma.org](http://www.sherbornma.org) or [www.sherborncoa.org](http://www.sherborncoa.org) for additional information about living in Sherborn.

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# PHONE DIRECTORY

<b>Assessor</b>	508-651-7857
<b>Board of Health</b> Septic Systems, Wells, Flu Clinics, Reports of Communicable Diseases.	508-651-7852
<b>Cemetery Commission</b>	508-653-2375
<b>Collector</b> Farm Pond and Recycling Stickers, Real Estate and Excise Taxes.	508-651-7856
<b>Conservation Agent</b>	508-651-7863
<b>Council on Aging</b>	508-651-7858
<b>Department of Public Works</b>	508-651-7878
<b>Dover/Sherborn Schools/Admin</b>	508-785-0036
<b>Finance/Accounting</b>	508-651-7859
<b>Fire Business Office</b>	508-653-3270
<b>Library</b>	508-653-0770
<b>Police Non-Emergency</b>	508-653-2424
<b>Recreation</b> Youth Programs, Field Reservations and Maintenance.	774-721-2196
<b>Select Board</b> ZBA Petitions, Building Permits and Inspections.	508-651-7850
<b>Town Clerk</b> Census, Elections, Early Vote and Absentee Ballots, Voter Registration, Town Records, Marriage Licenses, Meeting Notices, Dog Licenses, Birth, Marriage and Death Certificates, Business Certificates.	508-651-7853
<b>Town Planner/Sustainability</b>	508-651-7855
<b>Transfer Station and Recycling Center</b>	508-314-2300
<b>Treasurer</b>	508-651-7859

Many thanks to the Sherborn Business Association for sponsoring the Council on Aging to help defray the cost of the reprinting of the Resource Directory. Please support the local businesses and services in Sherborn. A full list of members can be found at [www.sherbornbusiness.org](http://www.sherbornbusiness.org).

# TOWN DEPARTMENTS

## SHERBORN PUBLIC LIBRARY

4 Sanger Street, Sherborn, MA 01770 | T: 508-653-0770  
www.sherbornlibrary.org



## SHERBORN RECREATION DEPARTMENT

T: 774-721-2196 | sherbornma.myrec.com  
recreation@sherbornma.org

The Sherborn Recreation Commission oversees facilities such as Jameson, Laurel, and Fessenden fields, tennis courts, skate and basketball courts. Programs include; Youth Snappers Swim Team, Summer-Go-Round, Tennis and Adult Yoga.

## SUSTAINABILITY IN SHERBORN

www.sustainablesherborn.org

The goal of the Sustainability Department is to decrease the unnecessary waste of resources by working with residents and town departments.

## SHERBORN FOREST AND TRAILS

www.sherbornforestandtrail.org

The Sherborn Forest & Trail Association's objective is to promote enjoyment and appreciation of the natural open spaces and diverse wildlife in the town of Sherborn and surrounding areas.

## TRANSFER STATION & RECYCLING CENTER

161 North Main Street, Sherborn (Route 27) | T: 508-314-2300

**Hours of Operation:** Wednesday through Sunday, 9:00 am - 3:00 pm

**Swap Shop:** You will find an assortment of items at the swap shop, from home décor, equipment, furniture, etc. Only residents are allowed to drop off items, but residents of any town are allowed to “shop” or volunteer.



## RUANE AND FATHER

T: 508-655-1711 | ruaneandfather@gmail.com

Ruane and Father offers weekly household recycling and trash removal for residents of Sherborn. This is a paid service.



## STAY CONNECTED

Town Website: [www.sherbornma.org](http://www.sherbornma.org)

Town Facebook: [www.facebook.com/TownSherbornMA](https://www.facebook.com/TownSherbornMA)

Sign Up for Town-wide alerts: [www.sherbornma.org/subscribe](http://www.sherbornma.org/subscribe)

Sign up for Code Red, an emergency alert system:

[public.coderedweb.com/CNE/en-US/BF82494FoBDE](http://public.coderedweb.com/CNE/en-US/BF82494FoBDE)



## SHERBORN COUNCIL ON AGING

COA Website: [www.sherborncoa.org](http://www.sherborncoa.org)

COA Facebook: [www.facebook.com/people/Sherborn-Council-on-Aging](https://www.facebook.com/people/Sherborn-Council-on-Aging)

## MEDIA / SOCIAL MEDIA

### DOVER SHERBORN CABLE STATION

T: 508-785-0737 | [www.dsctv.com](http://www.dsctv.com)

A local cable station that airs all town meetings, local programming and local news and events.

### HOMETOWN WEEKLY (FREE LOCAL WEEKLY NEWSPAPER)

120 N Meadows Road, Medfield, MA 02052 | T: 508-359-2200 | [www.hometownweekly.net](http://www.hometownweekly.net)

### NEXTDOOR.COM

Join Nextdoor, a website and app for neighborhoods where you can get local tips and buy and sell items.

### DOVER SHERBORN PATCH

[www.patch.com/massachusetts/dover](http://www.patch.com/massachusetts/dover)

This is another website that has local news, neighborhood posts and upcoming events, in Dover/Sherborn and surrounding communities.

# EMERGENCY SERVICES

## SHERBORN FIRE DEPARTMENT

T: 508-653-3270

Monday through Friday from 9:00 am - 4:00 pm

Sherborn Fire provides full-service fire and emergency medical services, education, outreach, permitting, and inspections. Residents can call to request a smoke detector and carbon monoxide detector inspection, fire safety, or falls prevention inspection. File of Life is a document holder for the fridge that contains medical information for emergency responders. Finally, if you have concerns about a loved one wandering due to a cognitive disability, Project Lifesaver, can provide a rescue device meant to locate your loved one quickly.

## POLICE DEPARTMENT NON-EMERGENCY

T: 508-653-2424

**The Police Department's Emergency 911 system** is answered at a Regional Dispatch office. This is a seamless operation and there is no delay when you call. 9-1-1 also has a procedure if you cannot speak just follow the prompts. Text to 9-1-1 is available in Massachusetts. When you text a message it will be routed to an emergency call center based on the location information provided by the carrier. For this reason, when a citizen sends a text to 9-1-1 they should make every effort to text the town name, address or location that they are located in.

## REGISTER YOUR EMERGENCY CONTACTS:

Please contact the COA with information regarding your emergency contact numbers. Oftentimes, police and fire will contact us and ask who your emergency contacts are, or we sometimes need to reach an emergency contact. This information is confidential and not shared with anyone other than fire and police and used for emergency purposes only. Please reach out to the COA and update your information.



## EMERGENCY HEALTH PROFILE FORM

A free and secure way for individuals to share critical health and medical information with 911 and first responders in the event of an emergency. Follow these steps to enroll:

1. Go to [www.emergencyprofile.org](http://www.emergencyprofile.org)
2. Click "Sign Up"
3. Enter your contact and health information and save

# LOCAL SCHOOLS

## **DOVER/SHERBORN PUBLIC SCHOOLS**

[www.doversherborn.org](http://www.doversherborn.org)

The Dover Sherborn Schools share in the mission to inspire, challenge and support all students as they discover and pursue their full potential.

## **PINE HILL ELEMENTARY SCHOOL**

10 Pine Hill Lane, Sherborn, MA 01770 | T: 508-655-0630

## **DOVER SHERBORN MIDDLE SCHOOL**

1155 Farm Road, Dover, MA 01770 | T: 508-785-6149

## **DOVER-SHERBORN HIGH SCHOOL**

9 Junction Street, Dover, MA 01770 | T: 508-785-1730

## **TRI-COUNTY VOCATIONAL SCHOOL**

147 Pond Street, Franklin, MA 02038 | T: 508-376-2295

[www.tri-county.us/about-us-2/school-committee](http://www.tri-county.us/about-us-2/school-committee)

This regional vocational school serves students in the following towns: Franklin, Medfield, Medway, Millis, Norfolk, North Attleboro, Plainville, Seekonk, Sherborn, Walpole, and Wrentham.

# PRESCHOOLS

## **ECDC PRESCHOOL**

11 Washington Street, Sherborn, MA 01770 | T: 508-653-9149

[www.ecdcpreschool.org](http://www.ecdcpreschool.org) | [ecdcnurseryschool@gmail.com](mailto:ecdcnurseryschool@gmail.com)

## **PINE HILL PRESCHOOL**

10 Pine Hill Lane, Sherborn, MA 01770 | [www.doversherborn.org/page.cfm?p=1443](http://www.doversherborn.org/page.cfm?p=1443)

# YOUTH GROUPS

## **SHERBORN CUB SCOUTS PACK 10**

[sherborncubscouts@gmail.com](mailto:sherborncubscouts@gmail.com)

## **SHERBORN BOY SCOUTS TROOP 1 MAYFLOWER COUNCIL**

T: 508-872-6551

## **SHERBORN GIRL SCOUTS**

[www.gsema.org](http://www.gsema.org)



# LOCAL ORGANIZATIONS, CLUBS & SERVICES

## SHERBORN ARTS COUNCIL

[www.massculturalcouncil.org/local-council/sherborn](http://www.massculturalcouncil.org/local-council/sherborn)

The Sherborn Arts Council is part of a network of 329 local cultural councils serving all 351 cities and towns in the Commonwealth.

## SHERBORN BENEVOLENT SOCIETY

11 Maple Street, Sherborn, MA 01770 | [www.sherbornbenevolent.com](http://www.sherbornbenevolent.com)

The Sherborn Benevolent Society provides financial and other emergency assistance to members of the Sherborn Community. Ways they can help, include paying fuel, utility, medical, dental bills, food & grocery support and other day to day expenses.

## BOGGESTOW GARDEN CLUB

T: 508-655-6540

## SHERBORN LIONS CLUB

[www.facebook.com/SherbornLionsClub](https://www.facebook.com/SherbornLionsClub)

## SHERBORN GARDEN CLUB

[www.facebook.com/groups/781898695325040](https://www.facebook.com/groups/781898695325040)

The Sherborn Garden Club takes part in civic beautification.

## SHERBORN BUSINESS ASSOCIATION

[www.sherbornbusiness.org](http://www.sherbornbusiness.org)

The Sherborn Business Association, a 501(c)(3) organization, was created to organize a well-informed, charitable, and effective organization dedicated to serve the many business and social needs of the community.

## SHERBORN COMMUNITY CENTER

3 Sanger Street, Sherborn, MA 01770 | T: 508-655-2701 | [www.sherborncommunitycenter.com](http://www.sherborncommunitycenter.com)

The Foundation provides organizations the space and place to function and prosper.

The community center is a central location to meet and conduct a wide range of community activities at minimal or in many cases at no cost.

## SHERBORN HISTORICAL SOCIETY

[www.sherbornhistory.org](http://www.sherbornhistory.org)

The Sherborn Historical Society, which was founded in 1911 and incorporated in 1913, has been preserving the town's history and artifacts for over a century.





## GETTING INVOLVED

Many of the organizations listed throughout the directory are always looking for volunteers. Volunteers are always needed to serve on town committees. A list of committees can be found on the Sherborn town website. For other opportunities, you can also check out the Volunteer Match website at: [www.volunteermatch.org](http://www.volunteermatch.org).

### FRIENDS OF THE SHERBORN LIBRARY

[www.sherbornlibraryfriends.com](http://www.sherbornlibraryfriends.com) | [SherbornLibraryFriends@gmail.com](mailto:SherbornLibraryFriends@gmail.com)

Through volunteerism and fundraising efforts, the Friends support high-quality adult and family Library programs, performers and speakers, a museum pass program, and student awards.

### FRIENDS OF THE SHERBORN COUNCIL ON AGING

The FRIENDS of the Sherborn Council on Aging was established in 2008 by the late Peggy Sacuto, an advocate for older adults. The FRIENDS mission is to assist and support the Sherborn COA with its excellent programs. They are always looking for new members who are interested in becoming involved.

### GOOD AS NEW SHOP

11 Washington Street, Sherborn, MA 01770 | T: 508-653-3409 | [www.goodasnewshop.org](http://www.goodasnewshop.org)

The Good As New Shop is a consignment shop which opened in 1962 and is housed in the Unitarian Universalist Area Church. Good as New Shop is open every Wednesday. They are an all volunteer operation. They too welcome volunteers that can spend 2-3 hours, or a whole day on Wednesday.

### SHERBORN TOWN FOREST

The Town Forest Committee has volunteers who clean up dead hardwood trees in the forest, buck and split it to stove/fireplace lengths, and then delivers the wood to Town residents for a below-market fee. They are always in need of volunteers to help split and deliver wood.

## SHERBORN WALKS BOOK

Sherborn Walks 2nd Edition is a much anticipated book of 25 publicly accessible walks within town, highlighting the town's extensive off-road trails network and natural sights. This is a great resource guide.

Cost: \$20.00 Order online at: [www.sherbornforestandtrail.org](http://www.sherbornforestandtrail.org)  
Benefits Sherborn Forest and Trails





# FARM POND



Lake Street, Sherborn, MA 01770 | [www.sherbornma.org/node/4863](http://www.sherbornma.org/node/4863)

Farm Pond is a “kettle” lake, meaning it was formed by the melting remnant of one of the glaciers that departed from New England more than 12,000 years ago. The pond covers about 124 acres. Stickers/permits are needed for the summer season. Stickers can be purchased at Town Hall. One free sticker is given to adults 65+ (one per household). Call the Town Hall for more information 508-651-7850.

**The Friends of Farm Pond** is a community organization dedicated to the stewardship and enjoyment of Farm Pond. It sponsors numerous annual events including the Spring Clean Up, Penny-A-Rock Day, the Lap Swim, Sand Sculpture Contest and The Admiral Funbelow Perimeter Swim. Through these activities, it raises funds and coordinates volunteers who implement ideas and improvements. It also serves as an advocacy group for the preservation of the Pond.

## **SHERBORN YACHT CLUB**

[www.sherbornyachtclub.org](http://www.sherbornyachtclub.org)

The Sherborn Yacht Club is located on Farm Pond and offers membership to town residents. They provide instructional sailing programs, summer camps and activities for all ages, interests and skill levels, with an emphasis on ecology education, events and lessons. Members have use of a range of water crafts seven days a week from June 17th to Labor Day.

## MEDICAL SERVICES

Beth Israel Deaconess Hospital/Needham	148 Chestnut Street, Needham, MA 02492 T: 781-453-3000   <a href="http://www.bidneedham.org">www.bidneedham.org</a>
MetroWest Medical Center	Framingham Union Hospital 115 Lincoln Street, Framingham, MA 01702 T: 508-383-1000   <a href="http://www.mwmc.com">www.mwmc.com</a>
Mass General Brigham Urgent Care	219 North Main Street, Natick, MA 01760 Walk-In Clinic   Open every day from 9:00 am - 9:00 pm <a href="http://www.massgeneralbrigham.org">www.massgeneralbrigham.org</a>
Natick Urgent Care	Walk-in Clinic   Open every day 8:00 am - 7:00 pm 4 Mercer Road, Natick, MA 01760 T: 508 -318-4466   <a href="http://www.natickurgentcare.com">www.natickurgentcare.com</a>
Newton-Wellesley Hospital	2014 Washington Street, Newton, MA 02462 T: 617-243-6000   <a href="http://www.nwh.org">www.nwh.org</a>

## MENTAL HEALTH

Mental health support includes a network of services. If you are concerned about yourself or a loved one and it is an emergency, please call 911. Sherborn Police work with trained social workers to help direct those in crisis.

For a psychiatric emergency contact Advocates Psychiatric Emergency Services at 800-640-5438. The COA and Springwell can also assist in locating help in non-emergency situations.

**The Massachusetts Behavioral Health Help Line (BHHL)** connects individuals and families to a full range of treatment services for mental health and substance use offered in Massachusetts, including outpatient, urgent, and immediate crisis care 24 hours a day, 365 days a year. Real time support, initial clinical assessment and connection to the right evaluation and treatment is available by calling 833-773-2445 or chat online at [www.masshelpline.com](http://www.masshelpline.com). The help line is staffed by trained clinicians and certified peer specialists who support each caller's needs and will remain on the line with you until you are connected to the care you need.



# ATTRACTIONS

## MASS AUDUBON BROADMOOR WILDLIFE SANCTUARY

280 Eliot Street, Natick, MA 01760 | T: 508-655-2296

[www.massaudubon.org](http://www.massaudubon.org)

An expansive retreat lined with trails along Indian Brook and the Charles River, Broadmoor is an ever-changing environment teeming with wildlife. Please leave dogs and other pets at home.



## THE GARDEN AT ELM BANK

900 Washington Street, Wellesley, MA 02482 | T: 617-933-4900

[www.masshort.org/the-garden-at-elm-bank](http://www.masshort.org/the-garden-at-elm-bank)

Massachusetts Horticultural Society's Garden at Elm Bank is a horticultural jewel of Greater Boston. A place of beauty, contemplation and exploration, the garden welcomes all.

## GILLETTE STADIUM

1 Patriot Place, Foxboro, MA 02035 | [www.gillettestadium.com](http://www.gillettestadium.com)

Gillette Stadium is a multi-purpose stadium located in the town of Foxborough, Massachusetts, which is 22 miles southwest of downtown Boston. It serves as the home stadium and administrative offices for both the New England Patriots of the National Football League and the New England Revolution of Major League Soccer.

## SASSAMON TRACE GOLF COURSE

233 S. Main Street, Natick, MA 01760 | T: 508-655-1330 | [www.sassamontrace.com](http://www.sassamontrace.com)

Sassamon Trace is a nine-hole executive length golf course designed in the classic tradition with the beginning golfer in mind. Following the classic style, the natural terrain was studied and the holes were routed accordingly.





## DINING

### C & L FROSTY

27 B N Main Street, Sherborn, MA 01770 | T: 508-655-7570 | [www.clfrosty.com](http://www.clfrosty.com)

### DUNKIN DONUTS

21 S Main Street, Sherborn, MA 01770 | T: 508-653-0109

### FIRESIDE TAVERN

33 N Main Street, Sherborn, MA 01770 | T: 508-545-1970 | [www.firesidetavernsherborn.com](http://www.firesidetavernsherborn.com)

### RUSTIC PIZZA

21 S Main Street, Sherborn, MA 01770 | T: 508-655-6900 | [www.rusticpizzaus.com](http://www.rusticpizzaus.com)

## GROCERY STORES

### MARKET BASKET

49 Pond Street, Ashland, MA 01721 | T: 508-872-7410 | [www.shopmarketbasket.com](http://www.shopmarketbasket.com)

### ROCHE BROTHERS

96 Milliston Road, Millis, MA 02054 | T: 508-376-2091 | [www.rochebros.com](http://www.rochebros.com)  
150 W Central St, Route 135, Natick, MA 01760 | T: 508-655-5540

### SHAW'S

230 Main Street, Medfield, MA 02052 | T: 508-359-8713 | [www.shaws.com](http://www.shaws.com)

### STOP & SHOP

235 Old Connecticut Path, Framingham, MA 02052 | T: 508-820-0900 | [www.stopandshop.com](http://www.stopandshop.com)  
829 Worcester Street, Natick, MA 01760 | T: 508-650-4050

### TRADER JOE'S

659 Worcester Road, Framingham, MA 01701 | T: 508- 935-2931 | [www.traderjoes.com](http://www.traderjoes.com)

### WHOLE FOODS

575 Worcester Road, Framingham, MA 01701 | T: 508-628-9525 | [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

## PLACES OF WORSHIP

### CHABAD CENTER OF NATICK

159 Boden Lane, Natick, MA 01760 | T: 508-650-1499 | [www.chabadnatick.com](http://www.chabadnatick.com)

### PILGRIM CHURCH

25 South Main Street, Sherborn, MA 01770 | T: 508-655-1667 | [www.pilgrimsherborn.org](http://www.pilgrimsherborn.org)

### ST. DUNSTAN'S EPISCOPAL CHURCH

18 Springdale Avenue, Dover, MA 02030 | T: 508-785-0879 | [www.saintdunstansma.org](http://www.saintdunstansma.org)

### ST. THERESA CHURCH (ROMAN CATHOLIC)

35 South Main Street, Sherborn, MA 01770 | T: 508-653-6253 | [www.mpb-stp.org](http://www.mpb-stp.org)

### UNITARIAN UNIVERSALIST AREA CHURCH

11 Washington Street, Sherborn, MA 01770 | T: 508-653-1422 | [www.uuac.org](http://www.uuac.org)

# HEALTH & FITNESS CLUBS

## LONGFELLOW TENNIS AND HEALTH CLUB

524 Boston Post Road, Wayland, 01778 | T: 508-358-7355 | [www.longfellowhealthclubs.com](http://www.longfellowhealthclubs.com)

## LONGFELLOW HEALTH CLUB

203 Oak Street, Natick, MA 01760 | T: 508-653-4633

## KINGSBURY CLUB

2 Ice House Road, Medfield, MA 02052 | T: 508-359-7800 | [www.kingsburyclubmedfield.com](http://www.kingsburyclubmedfield.com)

You can take advantage of Senior Swim at the club. Their hours change every season. All you need to do is say you are from the Sherborn COA and bring a picture ID. The cost is \$5.00 and they ask that you pay in cash. Call for days and hours.

## METROWEST YMCA

100 Waverly Street, Ashland, MA 01721 | T: 508-879-4420 | [www.metrowestymca.org](http://www.metrowestymca.org)

# PHARMACIES

## CVS NATICK (OPEN 24 HOURS)

137 W Central Street, Natick 01760 | T: 508 655-2271

## CVS PHARMACY

555 Main Street, Medfield, MA 02052 | T: 508-359-7783

101 Central Street, Holliston, MA 01746 | T: 508 429-5561

## PINE HILL PHARMACY

9 North Main Street, Sherborn 01770 | T: 508-545-0946 | [www.pinehillpharmacy.info](http://www.pinehillpharmacy.info)

## WALGREEN'S

148 W Central Street, Natick 01760 | T: 508-653-3303

# SHOPPING

## NATICK MALL

1245 Worcester Street, Natick, MA 01760 | T: 508-655-4800 | [www.natickmall.com](http://www.natickmall.com)

## SHOPPER'S WORLD

1 Worcester Road, Framingham, MA 01701 | T: 877-225-5337

## OCEAN DREAMS MARKET

31 N Main Street, Sherborn, MA 01770 | T: 508-663-8251 | [www.facebook.com/oceandreamsmarket](http://www.facebook.com/oceandreamsmarket)

## SHERBORN GALLERY AND GIFTS

5 Washington Street, Sherborn, MA 01770 | T: 508-245-2626 | [www.sherborngalleryandgifts.com](http://www.sherborngalleryandgifts.com)

# FOOD RESOURCES

## HEART TO HOME MEALS

289 Elm Street, Unit 102, Marlborough, MA 01752 | T: 508-658-3000

[www.hearttohomemeals.com](http://www.hearttohomemeals.com)

Delicious meals made for older adults and delivered right to your door.



## MEALS ON WHEELS

T: 508-573-7200 | [www.springwell.com](http://www.springwell.com)

Meals on Wheels delivers prepared and packaged food to homebound elders during the week with the help of volunteer drivers.

## MILLIS ECUMENICAL FOOD PANTRY

142 Exchange Street, Millis, MA (located on the bottom floor of the Church of Christ)

T: 508-376-5034 | [www.millisfoodpantry.com](http://www.millisfoodpantry.com)

The pantry provides 3 days of non-perishable food items to their clients every 2 weeks. The pantry is open every Saturday from 10 am - noon, and the first and third Wednesdays from 10 am - noon.

## A PLACE TO TURN

99 Hartford Street, Natick, MA 01760 | T: 508-655-8868 | [www.aplacetoturn-natick.org](http://www.aplacetoturn-natick.org)

A Place To Turn is committed to providing emergency food, diapers, and personal care to MetroWest residents. They serve those in need in an atmosphere of caring and mutual respect. Check the website for information about hours, food distribution, and donations.

# FARMS & FARMSTANDS

## DOWSE'S ORCHARDS

98 N. Main Street (Rte 27), Sherborn, MA | T: 508-653-2639

## SILVERWOOD ORGANIC FARM

CSA Shares | 195 Western Avenue, Sherborn, MA

T: 508- 545-1380, ext. 114

## SUNSHINE FARM

41 Kendall Avenue, Sherborn, MA | T: 508-655-5022

## SWEET MEADOW FARM

111 Coolidge Street, Sherborn, MA | T: 508-314-7433

## UNITY FARM

17 Unity Lane, Sherborn, MA 01770 | T: 508-848-8368 | [www.unityfarmsanctuary.org](http://www.unityfarmsanctuary.org)



# FINANCIAL ASSISTANCE



In Massachusetts, there is a statewide network of partners supporting older adults, caregivers, individuals with disabilities, veterans, and their families. It uses secure technology to provide links to connect supports. Anyone can call MassOptions at 800-243-4636 to be connected to any supportive program you might need free of charge. They are available Monday – Friday 9:00 am – 5:00 pm or anytime online at [www.massoptions.org](http://www.massoptions.org).

Help with Income and food assistance for low-income individuals and families:

- Emergency Aid to the Elderly, Disabled, and Children (EAEDC)
- Transitional Aid to Families with Dependent Children (TAFDC)
- Supplemental Nutrition Assistance Program (SNAP)

You can apply for SNAP, TAFDC, and EAEDC online at: [dtaconnect.eohhs.mass.gov](http://dtaconnect.eohhs.mass.gov) or over the phone on the DTA Assistance Line at 877-382-2363.

**Home Modification Loan Program** can offer someone who is disabled or elderly a no interest loan to help with adaptations or modifications to the home to help the owner remain independent.

**Social Security Administration** manages Supplemental Security Income (SSI) which issues monthly payments to adults and children with a disability or blindness who have income below a certain amount, as well as Social Security Disability Insurance (SSDI) and retirement. Call 800-772-1213 for more information.

**State funded medical insurance subsidies** for those who qualify can be obtained through MassHealth. You can call MassHealth at 800-841-2900 or meet with a SHINE counselor through the Council on Aging.

**Utility assistance programs** Low Income Energy Assistance (LIHEAP) can help pay for heating and cooling costs as well as repairs on aging systems and other benefits. South Middlesex Opportunity Council, Inc. (SMOC) is the agency that covers Sherborn and they can be reached at 508-872-4853. The Affordable Connectivity Program can offer discounted internet connection by checking eligibility at [www.affordableconnectivity.gov](http://www.affordableconnectivity.gov).

## NEIGHBORS HELPING NEIGHBORS SHERBORN'S ELDER AND DISABLED TAX AID FUND

Please consider donating to Sherborn's Elder and Disabled Tax Aid Fund. This fund provides financial assistance to Sherborn homeowners, many who are longtime residents. Donations have dropped dramatically the last several years, while the need for assistance has grown. Any amount is greatly appreciated!

We also encourage applications for assistance. 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](mailto:treasurer@sherbornma.org). Thank you!



## 55+ HOUSING OPTIONS



There are a few designated 55+ developments in Sherborn. They are individually owned residences (Abbey Road, Sherborn Meadows condominiums, and 59 North Main Street.)

**Elder Housing Committee** is a town committee which provides oversight and maintenance of Sherborn's elderly housing complex, Woodhaven, with 24 rental units.

### **Woodhaven Apartments**

One Village Way, Sherborn, MA | T: 781-237-6498

Claire@slawsby.com

Contact: Claire McClennan, Property Manager

The Town of Sherborn owns and manages a 24-unit rental complex near the town center. These one- and two-bedroom apartments serve the needs of those who are ready to downsize from the care and responsibility of a house and yard. They are a great option for any Sherborn family who would like a parent to move closer as they age. The apartments are open to any senior (age 62 or older) who is able to live independently. Sherborn residency is not required.

### AFFORDABLE AND SUBSIDIZED HOUSING



The best place to start is at [Housingnavigatorma.org](http://Housingnavigatorma.org). It is a good search tool for locating an apartment to rent. Housing Navigator Massachusetts, Inc. is a nonprofit that promotes equity and ease in finding a home.

There are also public housing options that are based on income and can be in the form of elderly and non-elderly handicapped complexes and congregate living. You can learn more by going to: [www.mass.gov](http://www.mass.gov) and searching "a guide to obtaining housing assistance."

Housing can be difficult to navigate. Please contact the COA Outreach Coordinator to assist you in your search.

\* To apply for Emergency Assistance and/or to speak with a Homeless Coordinator please call 866-584-0653.

# TAX PROGRAMS

**Tax Relief** can be in the form of tax exemptions which can reduce taxes owed for those who qualify and tax deferral an agreement where the homeowner pays taxes at a later date. Sherborn's Tax Aid Fund or the senior or veteran's work off program can also help. Call and speak with the Town Assessor's Office at 508-651-7857 for more information. For those filing tax returns, the Senior Circuit Breaker Tax Credit can also offer some relief.

**Tax exemptions**, unlike abatements, do not affect the property, but simply reduce taxes owed if you qualify under one of these categories: you are a person over 65, disabled Veteran or his/her surviving spouse, or a blind person. Please contact the Town Assessor's office for application and filing deadlines.

**Tax Deferral** If qualified, you may enter into a tax deferral agreement for all or a portion of property taxes owed. Please contact the Town Assessor's office for more information.

**Sherborn's Tax Aid Fund** is a charitable grant for those 60+, or disabled at any age, meet eligibility guidelines, and have been a Sherborn resident for 5 years. Contact the Assessor's office for information.

**Senior Tax Work Off** allows those over 65 who are eligible to work in a town department. Work is paid an hourly wage and the "wages" are applied to property taxes as an abatement, reducing taxes owed. Contact the Assistant Town Administrator at 508-720-4308.

**Veteran Tax Work Off** is similar to the Senior Tax Work Off program but for veterans of any age who qualify. Contact the Veteran Service Officer at 508-651-7851.

**Circuit Breaker Tax Credit** is a tax refund or rebate for those 65 or older and have property taxes that are a substantial portion of their income. Contact the Sherborn COA at 508-651-7858 or the Mass. Department of Revenue 800-392-6089 or visit [www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit](http://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit).



# TRANSPORTATION



**JFK Transportation** is a local taxi service. You can purchase discounted taxi coupons from the COA when you need transportation. JFK will provide local rides to doctor's appointments, shopping, visiting, etc. The COA subsidizes the cost of the rides. This service is available to those 55+. Medical rides to Boston can also be purchased. They will provide transportation to the major hospitals and to doctor appointments. Call 508-653-4500 to make a reservation.

**Dial-A-Ride** is a ride share service offered by the MWRTA (MetroWest Rapid Transit Authority). They provide medical rides to Boston and Worcester and local rides to 16 MetroWest towns. Residents 65+ and/or disabled can use this service. If you are 65+ you can fill out the application and then submit it to the COA. If you are under the age of 65 with a disability you will need to contact the MWRTA Call Center at 508-820-4650.

**Ride Match** is a statewide, online, searchable database of public and private transportation options in Massachusetts. You can find transportation options that serve your city or town, or "plan a trip" to find options to take you from your starting point to your destination. Ride Match was developed with older adults and people with disabilities in mind. For more information visit [www.massridematch.org](http://www.massridematch.org).

## TURNING 65?

If you or someone you know is turning 65 this year, you will want to take advantage of SHINE (Serving the Health Insurance Needs of Everyone). The SHINE program is a free service that is invaluable. SHINE counselors are experts on everything Medicare and what you need to know.

### **What is SHINE?**

Serving the Health Insurance Needs of Everyone (SHINE) provides free health insurance information, counseling, and assistance to Massachusetts residents with Medicare and their caregivers. SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with elder service agencies, Councils on Aging, and other public and private community-based organizations. SHINE is a State Health Insurance Assistance Program (SHIP) and is partially funded by the Administration for Community Living.

### **What is a SHINE Counselor?**

A SHINE Counselor is trained and certified by the Massachusetts Executive Office of Elder Affairs in the various options available to Medicare beneficiaries—including Medicare Parts A & B, Medicare Advantage, Medicare prescription drug coverage (Part D), Medigap, Prescription Advantage, MassHealth, and other programs that help people with limited resources pay for health care costs.

# AGING SERVICES ACCESS POINT

## SPRINGWELL

T: 508-573-7200 | [www.springwell.com](http://www.springwell.com).

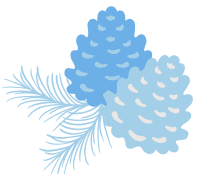
Springwell is the Aging Service Access Points (ASAP) for the region. ASAPs are non-profit agencies established to provide programs connecting those age 60 and over (or under 60 with a disability) with services and supports.

Their mission is to provide comprehensive services to older adults, individuals with disabilities and those who provide care, guided by a commitment to an individual's right to live independently in the community.

They serve any older adult or individual with a disability or chronic illness, as well as their families, regardless of financial situation or level of need. Their reputation for excellence is why many thousands of individuals and families turn to them for support.

Examples of services include homecare, case management, Meals on Wheels and other nutritional programs, Protective Services to investigate abuse and neglect, volunteer programs and information and referrals for other service providers.

## SAND FOR SENIORS



The COA in partnership with DPW provide sand for seniors during the winter months. The COA will provide the bucket and DPW will fill it and deliver it to you. Please call the COA office at 508-651-7858 to schedule a delivery.

## DIAL A RIDE

This is a shared ride service offered by the MWRTA. They provide local rides to 16 Metrowest towns and medical rides to Boston and Worcester.

Must be 65 + or under 65 with a disability. Call the COA office for an application at 508-651-7858.



LGBTQ events, training, services, and support for older adults have been compiled on Springwell's website or by calling Springwell at 508-573-7200. Out Metrowest is another local resource for younger adults. Call 508-875-2122 or visit [www.outmetrowest.org](http://www.outmetrowest.org).



# WHO WE ARE

## COA SERVICES & PROGRAMS



The Sherborn Council on Aging provides advocacy and support systems for older adults by working with them to maintain and improve their independence and quality of life. We provide a wide range of services that not only serve those that are 60+ but all ages.



You don't have to be "old" to enjoy our programs. We are a vital community asset that helps you be healthy, engaged and connected with the community. Learn about our resources, participate in current and engaging programs, meet new people.



Resources you can find at the COA include: caregiver support, fuel assistance, flu clinics, home care assistance, education about medical and social issues (such as memory loss and dementia resources). We also lend out medical equipment at no charge and help with transportation.

We provide programs such as wellness and fitness activities, weekly walks, intergenerational art and craft activities, book groups, lifetime learning classes, seminars, and technology assistance, etc. In addition, you can take a trip with us, experience a local attraction, attend a performance and/or listen to a notable presenter.



We encourage you to visit our website and calendar at [www.sherborncoa.org](http://www.sherborncoa.org). There is always something being scheduled. We strive to meet the needs of all residents in Sherborn as we work toward building an age-friendly community.



# HEALTHY AGING

Some people spend more time planning a vacation than they do the second half of their lives. They plan where they will sleep, eat, and play. Planning for your retirement years can and should be just as intentional and comprehensive as planning that vacation!

## Here are things you should take into consideration:

**Social Connections:** Too many older adults lose their social connections in later life and become isolated and alone. Plan ways to meet new people and forge new friendships. Create a “circle of care” of people who you can turn to for help and advice.

Participating in activities such as playing cards, taking a class, exercising, or having lunch with friends can help you find and make new friends to connect with.

**Get and Stay Active:** Experts in healthy aging agree – you have to include aerobic movement, like walking, as well as load bearing training, like light weight training, into our everyday lives if we want to maintain good health and stay independent. Your COA likely has a number of classes to help you stay active, no matter your fitness level. Find an activity that gets you moving, whether it be walking with a group, yoga, or Zumba. Adding exercise to your weekly plan benefits you physically, mentally and socially.

**You Are What You Eat:** Eating a balanced diet is important because your organs and tissues need proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance. Many community programs help us find and buy healthy foods – from community farm shares, food pantries, commodity food distribution programs, group meals in senior centers and other community centers.

**Take Care of Your Emotional Well-Being:** Too many of us were taught that you just “buck up” or “turn that frown upside-down,” when you are sad, rather than asking for help. Admitting we were sad was viewed as a sign of weakness. In truth, it takes an incredibly strong person to admit they are sad or confused and to reach out for help. Everyone has down days, but if you’re just not feeling like yourself, talk to your healthcare provider or a trusted staff member at your COA.

## HEALTHY AGING



# HEALTHY AGING

Source: MCOA website

**Practice Financial Fitness:** Practicing financial fitness may be one of the most important things you undertake! Planning for your retirement and a drop in income can make a great difference in your later years. Putting a little away into savings each month and living within your means can make a great deal of difference in your later financial freedom. If your employer matches contributions in a retiree plan, that is ‘free money’ so make sure to take advantage of it! If you are retired, form a household budget and stick to it. If you need to earn more income, consider a part time job or sharing housing or lowering your expenses by using the senior citizen income tax credit and property tax relief programs of your town. Visit your COA to talk with a SHINE Health insurance councilor to lower medical costs and the outreach worker to lower food, heating, housing and transportation costs.

Everyone is Aging: We’re all getting older, but social isolation, financial insecurity, disease, physical decline, and depression don’t have to be accepted as normal ways to age. Happy and healthy aging can be as natural as getting older is!

## ADDITIONAL RESOURCES

**AARP:** [states.aarp.org/massachusetts](https://states.aarp.org/massachusetts)

**Alzheimer’s Association 24/7 Helpline:** 800-272-3900 | [www.alz.org/manh](http://www.alz.org/manh)

**50+ Job Seekers Network:** [www.50plusjobseekers.org](http://www.50plusjobseekers.org)

**Executive Office of Elder Affairs:**

[www.mass.gov/orgs/executive-office-of-elder-affairs](http://www.mass.gov/orgs/executive-office-of-elder-affairs)

**Home Care Alliance:** [www.thinkhomecare.org](http://www.thinkhomecare.org)

**Next Avenue:** [www.nextavenue.org](http://www.nextavenue.org)

**Senior Planet:** [www.seniorplanet.org](http://www.seniorplanet.org)

**What’s Next:** [www.whatsnext.com](http://www.whatsnext.com)



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