

*The Voice of Your Community*

## Eagle Scout Project Results in Prayer Labyrinth for Local Church

By J.D. O'GARA  
STAFF WRITER

When Josh Auler, 17, a senior at Medway High School and member of Medway Boy Scout Troop 367, was searching for projects to work toward his Eagle Scout award two years ago, he wasn't sure what he wanted to do.

"Early last year, around the spring, I started looking for projects," said Auler, in December. "I was thinking about all the different places I could go to get ideas. I was going to go to the Holliston Rail Trail Committee, but then I started asking around at my church in Holliston, because Eagle Scout projects can be for religious institutions."

Auler attends Christ the King Lutheran Church in



Courtesy photos by Al Jesness

**LABYRINTH**  
continued on page 4

## Girls Start Business With Mask-Making Mission



By SUSAN MANNING  
STAFF WRITER

Three Holliston girls learned that when life hands you lemons, you make... masks?

It started when two sisters—Avery and Elizabeth Marion—wanted to learn how to make a mask. Their neighbor and

friend—Sinead Ojha—was already making them and offered to show them. The rest, as they say, is history.

"Sinead was making masks for her family and we wanted to

**MASK-MAKING**  
continued on page 2



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## MASK-MAKING

continued from page 1

learn how to make masks, too,” said Elizabeth.

But what started as a tutorial among the trio of Holliston Middle School sixth-graders, turned into a community project, and Quarantine Creations was formed.

“We decided to make a business to give back to the community so we made masks for our neighbors, friends, and family members,” said Avery.

Every dollar that Quarantine Creations makes is given back to a local foundation. The girls decided that the proceeds should be directed to people who are suffering the brunt of the pandemic’s economic impact.

The tweens chose Foundation for MetroWest’s Feed Framingham Fund, which was created to provide responsive, critical finan-



cial support to nonprofit organizations helping to ensure access to food and basic hygiene necessities for vulnerable populations across the city.

So far, the 11-year-olds have made about 20 masks.

“We would love to make more masks for people who are interested,” though, said Elizabeth.

While the proceeds will go to

help those in need and affected by COVID-19, the benefits went both ways.

“This has been a really hard and stressful time for everyone so it has kept us occupied,” said Elizabeth.

Avery continued, “We have felt really good that we have been giving back to other families who are in need during this time and our customers can get involved too!”

Quarantine Creations offer a kid size and an adult size, and there are two styles. Email for more information and to purchase masks: [quarantinecreations.masks@gmail.com](mailto:quarantinecreations.masks@gmail.com).

More information on the Feed Framingham COVID-19 fund can be found here: [foundationmw.org/receive/ffcf/](http://foundationmw.org/receive/ffcf/).



## Milford Regional Medical Center Nationally Recognized with an ‘A’ for the Fall 2020 Leapfrog Hospital Safety Grade

Milford, MA – Milford Regional Medical Center was awarded an ‘A’ in the fall 2020 Leapfrog Hospital Safety Grade, a national distinction recognizing Milford Regional’s achievements protecting patients from harm and providing safer health care. This is the fourth consecutive time Milford Regional has been distinguished with an ‘A’ rating. The Leapfrog Group is an independent national watchdog organization committed to health care quality and safety. The Safety Grade assigns an ‘A’, ‘B’, ‘C’, ‘D’ or ‘F’ grade to all general hospitals across the country and is updated every six months. It is based on a hospital’s performance in preventing medical errors, injuries, accidents, infections and other harms to patients in their care.

“Receiving an ‘A’ Hospital Safety Grade from Leapfrog four consecutive times is a real testament to our entire staff for their unrelenting dedication to all areas of patient safety,” says Edward J. Kelly, president and CEO of Milford Regional. “While this recognition by Leapfrog affirms these efforts, Milford Regional is committed to providing the resources necessary to support our staff in maintaining the high standard of patient safety and quality care noted in this recent award.”

“We are extremely grateful to hospital leadership and health care workers who have remained steadfast in prioritizing patient safety as our nation battles COVID-19,” said Leah Binder, president and CEO



of The Leapfrog Group. “This ‘A’ is a testament to the care and commitment of those who work for Milford Regional Medical Center. With the current pandemic exposing existing flaws within the U.S. health care system, we appreciate you putting patient safety first. Lives depend on it.”

Developed under the guidance of a national Expert Panel, the Leapfrog Hospital Safety Grade uses up to 27 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. acute-care hospitals twice per year. The Hospital Safety Grade’s methodology is peer-reviewed and fully transparent, and the results are free to the public.

To see Milford Regional’s full grade details and access patient tips for staying safe in the hospital, visit [hospitalsafetygrade.org](http://hospitalsafetygrade.org). For more information on Milford Regional, go to [milfordregional.org](http://milfordregional.org).



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*Your Money, Your Independence*

# 2020 - The Worst Year Ever... Really?

Time magazine declared 2020 the “worst year ever”, drawing a red “X” over the year. If you lost a loved one, had to close your business or a job loss, I understand it was a bad year.

We, like many, were fortunate to only have to balance the stress of the unknown, care for aging parents and school-age kids, ensure continued growth of a business and minimize distractions for work to avoid job loss. Yet, 2020 created several opportunities in areas of financial planning.

### Here are a few positive realizations:

**Refinancing Boom.** Whether it was your house, car or student loans, a prominent theme was refinancing to lower rates and shorter terms. Even if refinanced

in 2019, the drop in 15-year mortgage rates was something to be thankful for.

**You Can Save More.** Notice you weren’t spending as much each month? You weren’t alone, many decided to revisit (or make) a budget, find frivolous expenses and where to cut for good.

**Experience Spending.** “You don’t know what you’ve got, til it’s gone”, wrote Joni Mitchell (and later hair-metal band Cinderella). Miss travel, concerts, shows, sporting events and kids activities?

Use this as an opportunity to prioritize your experience spending and thoughtfully plan the vacations, family time and/or seasons for when the time comes.

**Planning For The Unexpected.** A global pandemic makes people

see gaps in estate planning, insurance and access to emergency funds. Add job loss or health changes, updating a trust/will, qualifying for term insurance or obtaining a Home Equity Line of Credit (HELOC) can be difficult, thus why critical to execute when times are good.

Still, witnessed estate planning attorneys, insurance agents, local banks and credit unions take proactive measures to help people access, do it safely and gain peace of mind.

**Investing.** Remember March? Stick with your plan? Or waiting for a crash to invest? What did you do?

As of 12/21/20, US stock market (S&P 500 Index) is over +15% and US Aggregate Bond Index about +7% for 2020, a

very good year for those who knew their risk tolerance, what they owned and why they owned it.

**Work From Home (WFH).** Something previously available to road warriors and trusted few, WFH was a blessing or curse, pending your child’s school or daycare status. It has led to greater appreciation for our teachers and childcare workers, better technology management and desire for housing with outdoor space as a priority over length of commute.

### What will 2021 bring? Who knows.

Focus on treating your family and yourself by developing plans and then be willing to make them evolve.



Glenn Brown

*The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual.*

*Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, [www.PlanDynamic.com](http://www.PlanDynamic.com). Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.*

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**LABYRINTH**

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Holliston. Church members had entertained the idea of a meditation trail, but that didn't work for ADA regulations due to the slope, he said. "Then, they told me about this other project, a prayer labyrinth, which had been their idea for a couple of years."

The original idea, he said, came from church members Joanne Hynes and Martha White, and another church member, an engineer named Meredith Reynolds, had drawn up a design.

"I took a look at the area and the design, and that's when I knew I wanted to do that project," said Auler, who finished the project right before Thanksgiving, with the help of his fellow Boy Scouts and church members, especially, he said, Wayne Stoll, who helped out with an integral piece of equipment – his tractor.

"The important thing that I tell the Eagle candidate is find somebody you want to help and some place you want to help, and let your project flow



from there," said Greg Green, a leader with Boy Scout Troop 367. "(Josh's) family are members of the church, and this is an idea that had been floated for many years."

Al Jesness, explained how church members had spoken about it prayer labyrinths they'd seen in Camp Calumet, in New Hampshire.



"They thought it would be nice to have one at Christ the King, and the location we picked was just a shady area that grows moss."

The labyrinth, he explained, would include prayer stones that members of the congregation have been creating.

"On Sunday morning, you can take one of these stones, and if there's something you want to unload or get off your chest, you can write on these stones and put it in the basket. The intent was these prayer stones would go into the labyrinth" at the base of the cross.

Jesness describes the work Josh and his crew did as "phenomenal. I think (Josh) learned a lot about organizing and planning."

The project, said Jesness, required fundraising to purchase cobblestones and stone dust as well as working with a retaining wall.

"There was a lot of grunt work, but also a lot of planning," said Green. In the middle of the project, for example, Auler found out the cobblestones he'd ordered wouldn't get there in time, so he had to find another source.

Green also pointed out that Auler had to coordinate volunteers, working with them to find times that worked, as well as performing temperature checks during the pandemic.

"There were definitely a lot of changes over the course of the project," said Auler.

"For example, in the beginning, it took an entire day to dig out that wall, which took longer than I thought it would, and also we made some major design changes material-wise. I thought it would be a lot easier, but it turned out to be a lot harder," said the Scout, "But I did learn



**Thy word is a lamp unto my feet and a light unto my path.**  
Psalm 119:105  
This labyrinth is intended for contemplative movements around the cross in the center. Walk toward the cross. Stop with the cross. Move back out to the world.  
Labyrinth constructed courtesy of Holliston Local Town Pages 2020

**LABYRINTH**  
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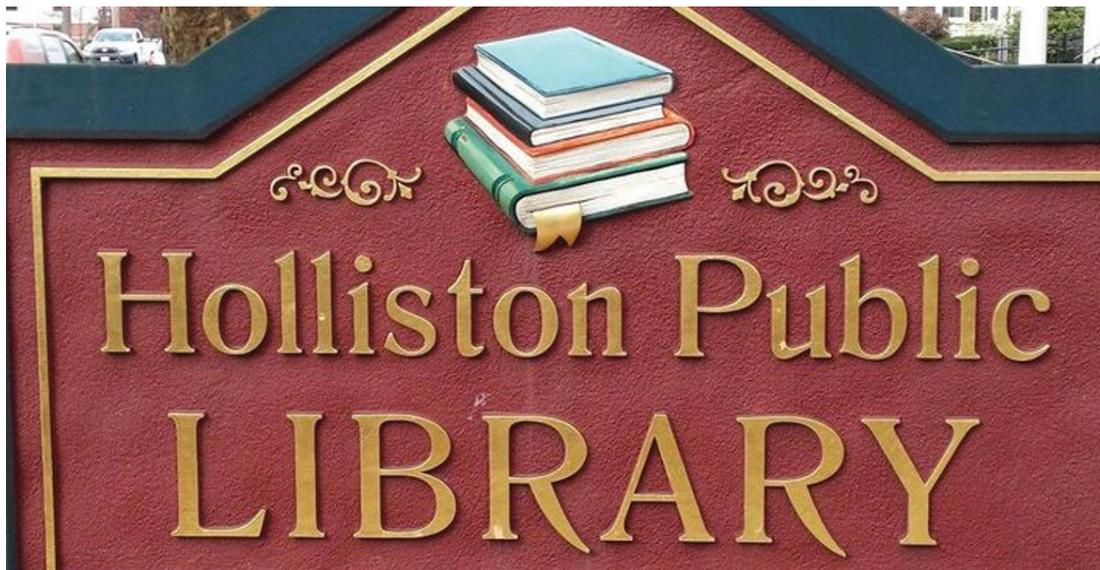
# Holliston Public Library News

The Holliston Public Library temporarily paused in-person visits beginning Dec. 14 to ensure the safety of staff as the number of Covid cases rises. Curbside pickup and home delivery will operate uninterrupted. Delivery of books from other libraries in the Minuteman Library Network and returns to the book drop will continue as usual. Patrons are encouraged to use instructions on the library website at [www.hollistonlibrary.org](http://www.hollistonlibrary.org) to arrange to have books set aside for pickup. The library can also assist with faxing, copying, printing and scanning documents. Help with using e-books, audio, streaming movies and TV and digital magazines is available. Reach the library at 508-429-0617 or [holreturns@minlib.net](mailto:holreturns@minlib.net). The schedule is: Monday, Tuesday, Thursday and Friday from 10-6 pm, Wednesdays from 10-8 pm and Saturdays from 10-4 pm. Curbside

pickup takes place at the rear of the building next to the former bank drive-through.

The Morning Book Club will discuss *The Great Believers* by Rebecca Makkai on Monday, Jan. 4 at 11 am. The selection for the Mystery Book Club discussion taking place on Tuesday, Jan. 12 at 11 am is Alex Michaelides' *The Silent Patient*. All groups meet virtually and books are available to borrow about one month before the discussion. Most titles can be found in e-book and downloadable audio format by using Libby or Hoopla. New members are warmly welcomed at all groups.

On Thursday, Jan. 7 at 7 pm author Ted Reinstein will present "Fighting Back: New England Underdogs." Ted is a Holliston resident and one of the hosts of the newsmagazine show, "Chronicle." "Meditation for Challenging Times" with Robert Weiner will take



place on Tuesday, Jan. 19 at 7 pm. Roberta is the owner of the Prana Center and teaches meditation and yoga.

The 2021 selection for the library annual community reading program, "One Book, One Holliston" is E. Dolores Johnson's *Say I'm Dead: A Family Memoir of Race, Secrets and*

Love. Johnson grew up the daughter of a white mother and an African-American father in Buffalo. When she began to investigate her family tree, she found more than she could ever have imagined. This deeply personal and inspiring story of race in America is available to read now in print and electroni-

cally. The author will discuss her book on Wednesday, Feb. 17 at 7 pm.

All library programs are free and open to all. They are sponsored by the Friends of the Library. Register on the library's website to receive a Zoom invitation to programs.

## LABYRINTH

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a lot about leadership and how to org everyone to come together and finish the project."

Of his volunteers, Auler said, "I think they did a great job with the direction that I gave them. Some of them had more land-

scaping experience than I did, but everyone worked hard, and in the end, it looked great.

The design of the labyrinth, said Auler, is designed to push water away from the church.

"It's effective at that, and it looks really aesthetic with the stones, cobblestone and the marble chips in the cross."



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# FY21 Valuations

Holliston Assessors have received the go-ahead from the state to release preliminary FY21 certified values.

Communities are subject to an exhaustive review and audit by the Department of Revenue every five years, and 2020 for fiscal year 2021 is Holliston's year. During interim years the assessors continue to review the market through sales (primary residential) and income information (Commercial Industrial).

Value is established each January 1 based on market information from the prior year. This year's values are for Fiscal Year 2021 and based on market data from 2019.

During COVID the real estate market has been incredibly robust. Forbes (<https://fortune.com/2020/10/20/real-estate-coronavirus-pandemic-home-buying-zillow-redfin>) attributes this to individuals now working at home wanting to establish first

homes in the suburbs. The 2020 market is what we will analyze in respect to the Fiscal Year 2022 real estate billing. It should be interesting to see how it trends out for FY22.

In relation to fiscal year 2021 and the 2019 market in Holliston, Value Analysis for residential values was based on 147 valid single family house sales between Jan 1-Dec 31 2019. Analysis was also done on condominium,

multi families, and land sales.

Based on the 147 valid single family home sales, Holliston's average sale price was \$575,800.

The average increases in Town assessments from FY20 to FY21, excluding permit growth by use, are as follows:

- single families: 5%
- residential condominiums: 5%
- multi families: 4%
- commercial: 3%
- Industrial: 2%

Some residential neighborhoods saw greater or lesser value impacts than average percentage changes. Mostly attributed to the market or growth. Sales are stratified for analysis by style, size, condition, quality of construction, or neighborhood. The goal of applying value is to apply change from the market in a uniform and consistent way.



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# Hopping Brook Conversation Continues

By J.D. O'GARA

The issue of Hopping Brook was once again before a town committee last month.

Mid-December, the town of Holliston's Economic Development Committee met with a representative of the owners of 555 Hopping Brook Road, although a Planning Board meeting scheduled for the following night was cancelled due to weather conditions.

Michael Milanowski gave an overview of the agreements with the town to date, noting that the landowner (listed as New Hopping Brook Trust) will be selling the property to CRG Integrated Solutions. Although he said 70% of the time a company like CRG will retain ownership and lease the property to a proposed client, he left open the possibility that whatever company that comes in may want to purchase the property.

The facility proposed, which CRG hopes will be open by 2021 (and, he said, be on tax rolls by FY 2022), would run 24 hours, with the plurality of the estimated 300 to 400 workers (over half) in the first of three 8-hour shifts, about 8 a.m. – 4 p.m. or 7 a.m. – 3 p.m.

He noted adaptations in the original plans, including: a notice of project change to MEFA regarding use of a proposed second building from office space to the same as the first, reducing its water and sewer needs, a change in the water system to create a loop in the Hopping Brook area that the town of Holliston did not have before, mitigation at the Holliston Rail Trail that includes flashing signals and raised speed bumps, the installation of a new traffic signal the contractor will pay for that has been approved and reviewed by Mass DOT to reduce speed on Route 16 and an agreement by CRG Integrated Solutions to use only state-numbered roads to move trucks out, specifically not South Street.

On the economic side, the presenter noted that, at \$1.20 in taxes per square-foot, the project, estimated at \$100 million, would likely bring \$1 million in annual tax revenue to the town. He added that final building plans must be in place for an official assessment.

He pointed out that the project, located on property that has always been zoned as industrial, is pending one more final approval by the Planning Board.

Matthew Coletti, of the EDC, questioned whether any businesses in town opposed the project, to which Milanowski replied that he was not aware of any. Later, residents balked at this, pointing to an earlier recorded meeting where Rodenheiser Plumbing objected to the project.

When the meeting was opened to the public, residents expressed to the EDC that they feared their properties would lose value due to this development. Milanowski replied he was unaware of any documentation that economic development has a negative impact on real estate development, and Peter Barbieri, of the EDC, added that he has not seen any reduction in values of residential properties in proximity to industrial parks. Residents disagreed, insisting their properties are already devalued.

Residents also balked at the South Street agreement, saying they see a high incidence of truckers skirting traffic laws in their neighborhood and questioning the enforceability of such an agreement and voicing safety concerns.

Members of the EDC noted that they needed to focus on the financial benefit or loss to the town. To that end, residents spoke up about shouldering the financial risk, with one commenting that these residents are seen as "collateral damage" in a project of this magnitude.

Before the meeting closed, Christine Carosella, of the EDC, suggested that she would like to hear from Holliston residents about what businesses they would like to see in town. If this is not the type of business residents want zoned in industrial parks, what is, she asked. A short discussion of a survey reaching out to Holliston residents was discussed.

The meeting closed with members of the EDC noting that they had no power of approval or disapproval over the project, that their province was that of looking at the economic advantage or disadvantage. They agreed to put together a letter, which Peter Barbieri would draft, by their next meeting, which they changed to Jan. 6, so that it would be com-



Courtesy photo by Suzanne Lehmert Adelman.

pleted in advance of the Jan. 7 Planning Board meeting. (At press time, the Planning Board meeting on Jan. 7 had not been announced, but was alluded to during the EDC meeting.)

Three more documents have been submitted to the Holliston Planning Board since its last meeting on 555 Hopping Brook Road. These are posted at <https://www.townofholliston.us/planning-board/pages/555-hopping-brook-information>.

Residents of the area near Hopping Brook have organized, with two Facebook pages, West of Hopping Brook and West of Hopping Brook Truck Traffic and Jake Braking. Resident David Bastille has created signs for the neighborhood, which read "Big trucks belong on the big roads."

Fellow resident Suzanne Lehmert Adelman is helping distribute these signs, available for \$10 to cover production costs.

"We have a very big problem over here. We are under siege from these HUGE trucks, and it gets worse every day. We are doing our best, but let's face it ... they are bigger than us," says Lehmert Adelman, a school bus driver for the town of Holliston.



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# Foundation for MetroWest Grants \$150,000 to Arts & Culture Nonprofits

**Grants will fund new art installations, diversity initiatives & additional staff**

**December 16, 2020 (Natick, MA)** – The Foundation for MetroWest, the only community foundation serving the 33 cities and towns of MetroWest, today announced it has awarded grants totaling \$150,000 to nine arts and culture nonprofits serving the region. The 2020 Arts and Culture Grant Program thus resulted in the largest sum ever awarded by the Foundation to arts and cultural institutions in a single year. The grants off up to \$25,000 each are intended for general operating support, program support, and capacity building efforts, enabling each nonprofit to pursue opportunities that will help improve the quality of life across MetroWest.

“Throughout this most challenging year, the needs of our community have been unprecedented,” said Judy Salerno, Executive Director of the Foundation for MetroWest. “While hunger relief efforts and other urgent needs have required intense focus and support, we must also recognize the critical role that arts and culture organizations play in our communities. They help define our collective character and distinguish MetroWest as a desirable place to live. These grants will help these groups continue to enrich our region for years to come.”

The nine organizations receiving grants will use the funding to add staff members, grow programming capabilities, recoup operating costs impacted by the COVID-19 pandemic, fund new art installations and

expand existing exhibits. Several organizations also plan to use the financial support to begin or expand diversity-centric initiatives, including exhibitions aimed at celebrating diversity, incorporating the stories of enslaved individuals, and a speaker series that will tackle race and identity issues.

Following this latest round of grantmaking, the Foundation has now distributed a total of \$4.75 million to MetroWest organizations in 2020. All funds awarded through its grantmaking programs help to create strong, vibrant communities, now and in the future.

“Every year, we see new ideas, projects and programs proposed by arts and culture nonprofits that we know will improve and inspire our communities,” said Susan Kavooagian, Foundation Trustee and Chair of the Distribution Committee. “While we’re excited by how these organizations plan to use their grants, we also know there is still a great need for additional support. Despite this tumultuous year, we hope this funding helps remind our communities just how important arts and cultural institutions are to MetroWest.”

The Foundation’s Distribution Committee reviewed and carefully considered 45 applications totaling more than \$780,000 in need from arts and culture organizations serving MetroWest over the past several months. You can learn more about each Arts and Culture Grant here.

## 2020 Arts and Culture Grant Program Recipients:

Framingham History Center	\$15,000
deCordova Sculpture Park & Museum	\$25,000
Amazing Things Arts Center (atac)	\$20,000
Discovery Museum	\$10,000
Gore Place Society	\$10,000
The Center for Arts in Natick	\$15,000
Lexington Historical Society	\$10,000
The Umbrella Community Arts Center	\$20,000
Hopkinton Center for the Arts	\$25,000

## About Foundation for MetroWest

Established in 1995, the Foundation for MetroWest is the only community foundation serving the cities and towns in the region, encompassing 700,000 residents from Westborough to Waltham and Acton to Walpole. The Foundation promotes philanthropy across the area, helps donors maximize the impact of their local giving, serves as a resource for local nonprofits and enhances the quality of life for all our residents. The Foundation is supported by a wide range of businesses, individuals, community groups and other philanthropic organizations. Since inception, the Foundation has granted \$23 million to its nonprofit partners and currently stewards more than \$26 million in charitable assets for current needs and future impact. To learn more, please visit <http://www.foundationmw.org/> or call 508-647-2260.

# Neurosurgeon Joins Medical Staff at Milford Regional Medical Center

Milford Regional is pleased to welcome UMass neurosurgeon Ziev Moses, MD to the active medical staff. He’s accepting new patients at UMass Memorial Surgery at Milford located at 91 Water St.

Dr. Moses graduated from Dartmouth Medical School, Hanover, NH, with a degree in medicine in 2012. He completed a neurosurgery training program at Brigham and Women’s Hospital and Boston Children’s Hospital through Harvard Medical School. He continued his training with a fellowship in neurophysiology at Massachusetts General Hospital/Harvard Medical School and a second fellowship in neurosurgery – spine at Rush University Medical Center, Chicago, IL. Dr. Moses’ clinical interests include degenerative spine disorders, minimally invasive spine surgery and spinal

reconstruction.

“We are fortunate to have the recognized expertise of Dr. Ziev Moses offered here at Milford Regional,” says Edward J. Kelly, president & CEO, Milford Regional Medical Center. “The community will greatly benefit from his addition to our medical staff.”



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# Scouts Help Senior Center

Girl Scout Troop 75346 was able to create 131 gift packages for The Holliston Senior Center to distribute to local seniors, thanks to the generosity of everyone in the community and the help of some wonderful local businesses who hosted our donation boxes.

Although the Girl Scout collection is over, you can still donate to The Holliston Senior Center's Gifts for Seniors program by

bringing donations directly to the Holliston Senior Center and leaving them in the donation barrel in front.

Thank you everyone for shopping local. Business owners that they worked with on this project said how much they appreciate the support the town is showing. They said that all this shopping local is really helping them, so let's keep it up!



**Scouts Help Senior Center**  
*continued on next page*



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# Sports

## New Child, Unbeaten Season Bring Joy To Healey in 2020

### Holliston Coach Hoping Covid-19 Relents

By KEN HAMWEY  
Staff Sports Writer

The new year has arrived and there's no doubt that many people are eager to distance themselves from 2020 because of the covid-19 pandemic.

For Alyssa Healey, however, last year produced two major plusses. First, her Holliston High field hockey team went undefeated (9-0) and one day after her squad's outstanding achievement, Healey gave birth to a daughter who arrived on Nov. 16.

The unblemished season was unexpected, primarily because Healey had lost 10 seniors to graduation and faced a major rebuilding job. The timing of her first child's birth also was unexpected because Kaelin arrived a month early. Healey didn't realize it but her back pain during Holliston's final game (a 3-1 win over Hopkinton) was a signal she was in labor. A day later, Healey was taken by ambulance to Brigham & Women's Hospital in Boston for an emergency C-section.

"My husband (Jason) and I are blessed to have a daughter and to know that she's healthy," Healey emphasized. "And, I'm thankful for the opportunity the players and I had to compete in field hockey. It's what we love. But, it's my hope that the coronavirus is eradicated in 2021. It'll be wonderful when the entire country returns to some degree

of normalcy."

The field hockey season was anything but normal. The Massachusetts Interscholastic Athletic Association implemented modifications to a variety of fall sports after it had canceled all athletics in the spring. Field hockey was altered, on and off the field.

Changes made to prevent the spread of covid-19 included a seven-on-seven lineup instead of playing 11-against-11. Masks had to be worn during competition and penalty corners were out. A maximum roster was 20 players, a limited number of fans were allowed and reserves had no bench but stayed socially distanced.

"We dealt with rebuilding by stressing there were job openings and lots of playing time available," Healey said. "Our younger players stepped up, thanks to the efforts of our junior captains — Jordyn Kuharich and Peyton Hastings. They emphasized conditioning and wearing masks during pre-season practice. They were superb leaders."

As for the modifications, Healey and her 15 players (2 seniors and 13 juniors) adjusted quickly. "We figured out how to deal with the pace of seven-on-seven and we handled the elimination of penalty corners. Being in good condition helped us with having only six field players to deal with so much wide-open space. I substituted often and



Holliston High's 2020 field hockey team enjoyed an undefeated season.

that helped our younger players gain experience and get opportunities."

Kuharich played defense and midfield and Hastings competed as a center midfielder. Both were Tri Valley League all-stars and Hastings was a Boston Globe all-scholastic.

"Both captains met all challenges," Healey said. "They rose to the occasion when needed and took charge. Jordyn displayed physical toughness and athletic ability while Peyton moved the ball up field, dodged effectively and distributed the ball like a point guard in basketball."

Four junior forwards were key cogs for the Panthers — Bridget and Abby Glynn, Kayla Tomasselli and Ellie Currie. "They were able to get the ball in front of the net and move the goalie from side to side," Healey noted. "Their stick skills were very good, they learned quickly and improved rapidly."

Healey also lauded the play of junior defenders Cara Chipman, Bridget Daigneault, Emily Waldman, and Stephanie Farrell, and senior goalie Jenna Schutt. "Our defense was tenacious," Healey said. "Cara and Bridget relied on quickness and that limited our opponents to very few

scoring opportunities. Emily and Steph were patient and had good timing on tackles. We had high IQ players on the defensive end. Jenna never played goalie in field hockey. However, she was the school's goaltender in ice hockey and lacrosse. She relied on terrific instincts."

Healey also banked on instincts when her back pain persisted the day after her season concluded.

"I called my doctor and he saw me in his office in Westwood," she said. "I was transferred to Boston for an emergency C-section. I had arrived in Westwood at 3 p.m. and gave birth to Kaelin at 8:15 p.m. at Brigham & Womens. I thought that the back ailment was just part of being pregnant but it was labor pains. All the care I received was top-notch."

Now, 32, Healey, whose daughter arrived 30 days early and tipped the scale at 4 pounds and 15 ounces, stayed in the hospital for five days while her daughter remained hospitalized for 10 days. Kaelin already has added several pounds to her tiny frame.

Healey's husband, who's a paramedic for the Easton Fire Department, met the ambu-



Alyssa and Jason Healey with their daughter Kaelin

lance at the hospital and was present for his daughter's birth. As for his wife, a physical education and health teacher at Dover-Sherborn Regional, she'll remain on maternity leave until March, then return to school, which is using a hybrid learning approach.

"The timing of Kaelin's birth was amazing," said Healey, who was voted the TVL's coach of the year. "We joked that she knew when my last game was."

Excluding last season that had no Sectional or State playoffs, Healey, who was a high school and college (Westfield State) all-star, has led the Panthers to five tourney appearances in six years. She's hoping the 2021 season will be more traditional and she's already anticipating its arrival.

"We're hoping the seven-on-seven format is a thing of the past," she said. "A more normal season should help us to do more bonding. Covid-19 prohibited us from developing that aspect."

While 2020 was a difficult time for so many people, Alyssa Healey is acutely aware that last year had some personal pluses — an unbeaten season in field hockey and the birth of her daughter.

The personable coach, however, would relish a time in 2021 that's coronavirus-free.

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# Sports

## Doherty Another Top-notch Hoop Coach Linked To Holliston

### Led Wayland To Division 2 Sectional Title

By Ken Hamwey  
Staff Sports Writer

The town of Holliston has had two of the most dynamic high school basketball coaches in Tri Valley League history — the late Tom Keough and Bill “Whitey” Davis.

Keough, who guided the Panthers to a plethora of league championships and the State title in 1964, was a native of Millis and a resident of Franklin. Davis, whose Dover-Sherborn squads dominated the late 1960s and much of the 1970s, lived in Holliston during his tenure as the Raiders’ coach. He later became the head coach at Gordon College.

Davis, who’s retired and now living in Rockport, was inducted into Dover-Sherborn’s athletic Hall of Fame in its initial year. And, if Holliston High had a hall of fame, Keough would no doubt be a charter member. His name is always prevalent when the Panthers host their annual basketball tourney — the Keough Classic.

A third basketball coach connected to Holliston is Dennis Doherty whose credentials are impressive and his coaching ability might be one of the town’s best-kept secrets.

The 46-year-old Doherty, who’s lived in Holliston for the last eight years, has been Wayland High’s head coach for 12 seasons. His teams have qualified for the playoffs nine times, and last March, when his Warriors won the Division 2 Central Sectional crown, was one of the most complete and successful coaching efforts in the state.

Before Wayland opened its season, it lost two top players — Jaden Brewington and Jabari Nurse — to private schools. And, after the team’s first three games, its record was 0-3.

Doom and gloom prevailed in Wayland, especially since the Warriors compete in the challenging Dual County League against the likes of Concord-Carlisle, Acton-Boxboro, Lincoln-Sudbury and Boston Latin.



The 2019-2020 Wayland High basketball team captured the Division 2 Central Sectional crown.

“The talk was all about the players we lost,” Doherty recalled. “It wasn’t about who we had. The players took that to heart and felt they had a lot to prove.”

Doherty, who played on Wayland’s State title team in 1991, challenged his squad in the Hutchinson Memorial Tournament in Bellingham. “I stressed to our seniors that they had to play a notch higher,” he emphasized. Wayland split two games, losing to Hopedale by two and beating Blackstone Mayoral Prep by a considerable margin.

Next up was Concord-Carlisle, a powerhouse team. Wayland beat them, 68-63, and caught fire the rest of the way, rolling to a regular-season record of 11-7. The Warriors were motivated and their enthusiasm paid dividends in the Sectional. They defeated, in order, Groton-Dunstable, Nashoba and Hopkinton for the title. In the first round of the State playoffs, they led Taconic (Pittsfield) by five with five minutes remaining but foul trouble hurt them and they lost, 62-56.

“The Sectional championship showed how resilient, gritty and unified our team was,” Doherty said. “It was a great thrill and it was a joy to coach those 14 players. They were a special team and I was very proud of them.”

Doherty’s roots run deep in Wayland. A native of Brighton, his family moved to Wayland when he was three. He played point guard for the Warriors for two seasons and posted some quality numbers, averaging 10 points and six assists as a junior

and 15 points and eight assists as a senior.

“Beating Holyoke Catholic for the Division 3 State title still is very memorable,” he noted. “We advanced by beating Mission High of Boston in the North Sectional. It was a happy time because the team was close-knit and all the players had been together since Grade 3.”

At Wheaton College, he played four seasons and averaged 15 points and eight assists his senior year. Wheaton qualified for the ECAC Tournament twice during his tenure there.

Graduating in 1996 with a major in religion and philosophy, Doherty first worked as a paralegal for five years but in 2001 he was hired at Arlington Catholic where he taught theology and worked in guidance. He coached freshman basketball for three seasons there and later coached the frosh squad at Weston High for four years. While still at Arlington Catholic, he became the interim varsity coach at Weston for the 2007-08 season.

“The varsity post at Wayland opened and I had a difficult decision to make,” Doherty said. “I enjoyed my time at Weston but I felt it was a good time to return to Wayland. I had my masters in school counseling and was hired as a guidance counselor and head coach.”

Doherty is delighted he returned to his roots in Wayland but he feels strongly that he’s developed roots in Holliston. His two children — Bridget (13) and Colin (10) — attend Holliston schools and both play youth basketball for the travel team. Colin



Coach Dennis Doherty with his wife Ingrid and children (Bridget and Colin).

plays youth soccer and Bridget competes at tennis camps. His wife, Ingrid, has served on the Newcomers Club and has volunteered at the Miller Elementary School.

“I love Holliston,” Doherty said. “We’re very comfortable here. The town’s center is quaint with its small shops and it has nice parks and playgrounds.”

As time passes, Doherty seems to be gaining notice in Holliston for his coaching acumen. “My neighbors know I coach at Wayland and so often my kids wear Wayland shirts to practices. When parents of players find out I coach, they all ask how my team is performing. They’re very supportive and always wish me well.”

Doherty’s style is definitely linked to his team’s success. He’s calm, rarely gets rattled or upset. “A game has highs and lows, so I try to be calm and steady,” he

said. “If I’m steady, that rubs off on the players. I also can think clearly if I’m calm.”

Relying on a competitive philosophy that includes winning and reaching one’s potential, Doherty also stresses the importance of having a positive experience. “I want the kids to work hard, improve and have fun. And, I want them to learn some valuable life lessons, like being resilient and mentally tough, focusing on teamwork and setting goals.”

No opposing team should take Wayland lightly. The program has talent, tenacity and the right coach guiding the ship.

Tom Keough and Bill “Whitey” Davis are legendary coaches with ties to Holliston. They’ve got company now because Dennis Doherty is another dynamic coach with links to Holliston.

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# Living Healthy

## Holliston Council on Aging News

### Tablets for Seniors

Would you like to attend virtual programs and meetings? Have you wanted a tablet but can't afford one? Do you have a tablet, but aren't sure how to use an app, such as Zoom? The Senior Center has received a grant from the MetroWest Health Foundation to use technology to help decrease social isolation in seniors.

As part of the grant we will also be hiring a technology assistant to both set up the tablets, and to teach seniors how to use either one of these tablets, or their own tablet. You must have internet service, but if you are low income you may qualify for Comcast low income service for \$10 per month. Examples of those who qualify would be those qualifying for benefit programs such as MassHealth, Fuel Assistance, or SNAP benefits. For



those who qualify for low income internet, through the grant, we can assist you with up to 10 months of payment or through 10/30/21, whichever comes first.

Those receiving tablets must agree to complete a quarterly survey on how they are being used. The tablets are being loaned out, for as long a period as you continue to use them. If you stop using the tablet, we ask that you return it so we can offer it to other seniors. For more information about this, or any other programs, call Bryan at the Senior Center.

### Chat with Staff

**1st and 3rd Thursdays, 10am**

Whether you received a tablet from us, have a computer/tablet of your own, or just want to call in, sign up to chat with the staff at the senior center! These will be informal sessions to simply talk with us about anything. **WE STRONGLY ENCOURAGE** anyone who received a tablet from us to try to attend these chats with Zoom!

To sign up, please email Bryan at [perkinsb@holliston.k12.ma.us](mailto:perkinsb@holliston.k12.ma.us) or call him at the senior center at 508-429-0622 x218

### Valentine's Party to Go

Because our other "To Go" events have been so popular, we are offering another one for a Valentine's Celebration. On Monday Feb. 8 at noontime, we will be offering our usual Baked Stuffed Shrimp lunch **TO GO!**



Meal will include; salad, baked stuffed shrimp, baked potato with sour cream, veggie, and chocolate cake. Of course, a sweet treat will be included. We are requesting a \$6 donation and you must sign up by Friday, Jan. 29.

Call the senior center to sign up at 508-429-0622!

### Zumba Gold!

**Tuesdays 10:30—11:30 am**

**ZUMBA IS BACK** and our instructor is ready to bring you the same Zumba energy and excitement from the comfort of your own home.

This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. It will also focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Come ready to sweat, and prepare to leave empowered and feeling strong. This class is exercise in disguise.

Suggested \$4 donation per class; make checks payable to the

### COUNCIL ON AGING

*continued on page 15*

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# Living Healthy

## COUNCIL ON AGING

*continued from page 14*

SSF. Please email our instructor, Lourdes Fournier directly to sign up at [Lfournier-h@hotmail.com](mailto:Lfournier-h@hotmail.com) or call the senior center with any questions at 508-429-0622

### Singing For Well Being

**2nd and 4th Thursday at 10:30 am**

Improve your overall health in these fun and easy, stress-free singing sessions. These one-hour sessions will include:

- Tips for better breathing
- Learning relaxing mindful meditations
- Easy body warm-ups (seated or standing)
- Singing songs from around the world together
- All in the comfort of your own home on Zoom!

The suggested donation is \$4 per class and payments should be made to the SSF. Please call ahead to sign up at 508-429-0622

### Yoga

Yoga is a wonderful way to stay limber and get more energy! It can help boost your circulation, stretch and strengthen all your muscles, help you get a good night's sleep, and relax and de-stress you! Roberta Weiner, a Certified Kripalu and Hatha Yoga teacher who runs the Prana Center in Holliston, will be running these live virtual sessions.

Yoga—Monday & Wednesdays via Zoom, \$4 donation per

class requested. This is the usual Yoga class that is normally held at the Senior Center. Roberta will be holding her class every Monday and Wednesday morning from 11 am—Noon via Zoom.

### Pilates

Pilates will also be held on Zoom!

Thursdays from 9—10 am via Zoom, \$4 donation per class requested. Please join Sharon Broadley-Martin as she leads the class to help improve your strength, balance and circulation through a whole-body workout.

### Book Club

We welcome you to join us on the second Friday of the month at 1:30 pm to enjoy some interesting titles. In January, we will discuss “The Bridge of Clay” by Markus Zusak. In February, we will discuss “Moloka’i” by Alan Brennert.

The Holliston Public Library can help you get books for the meetings and will be available for curbside pickup. Call the Library with any questions (508) 429-0617.

Please sign up at the Senior Center (508) 429-0622 to be added to the Zoom meeting. Conference call is also an option for those who do not have internet/camera access.

### Creating Your Psychological First Aid Kit for Surviving the Coronavirus

With Henry Quinlan  
**Tuesday, Jan. 26 at 2:30 pm**  
In the coming months, there

will be more stay at home time because of the winter weather and the surging rates of the coronavirus. It is more important than ever to be prepared. Join Henry Quinlan in a one hour Zoom session to learn how to manage stress and anxiety brought on by being locked down. Come listen to him talk about taking care of yourself, building hope and resiliency, and how to stay connected during these isolating times. This is a FREE event!

Please sign up with the Receptionist by calling (508) 429-0622.

### Java with Jay

**Last Thursday Each Month at 9:30am**

Enjoy your morning cup of coffee and join Jay for a workshop to learn about different estate planning strategies from the comfort of your own home via Zoom! Each month will feature a different topic and a conversational Q&A for your questions. Advance registration required for the Zoom call-in number/link. Please call the Senior Center at 508-429-0622 to sign up!

January Topic: Protecting Your Forever Home. 1 simple planning tool = 3 invaluable benefits

February Topic: How to keep up to 500k of your own money and still qualify for Medicaid: A little known secret that the nursing home won't tell you.

### Legal Hour with Attorney Jay Marsden

Helping clients plan and secure their legacy for future generations.

Attorney Jay Marsden continues to meet with individuals for a complimentary 30-minute consultation. This meeting will be done via Zoom or telephone on the 2nd Tuesday of each month between 10 am and noon.

If you would like to schedule an appointment with Jay, please call the Senior Center at (508) 429-0622 to sign up for your personal consultation.

### Virtual Seminars with Attorney Bergeron

Each month, Atty Bergeron will hold a Live Zoom Seminar with Q&A on various topics. Please sign up in advance to get the Zoom invitation. Call the senior center to sign up at 508-429-0622!

#### Jan. 5 at 1 pm: Qualifying for MassHealth

Learn estate planning techniques to help you qualify for MassHealth. Know your options to make an informed decision.

#### Feb. 1 at 1 pm: Staying Home

Is your wish to remain in your home for the rest of your life? Learn more about estate planning strategies that may help that wish come true.

### Legal Advice with Attorney Bergeron

Attorney Bergeron will continue to offer a free 15-minute legal advice through the Senior Center on the 4th Monday of the

month from 10 am - 12 pm. You have the option of either talking with him over the phone or virtually using Zoom video conference.

Call the Senior Center at (508) 429-0622 to sign up for your 15-minute meeting with Attorney Bergeron to discuss legal questions or concerns.

### Grief and Loss Support Group

Second Tuesday of the Month  
Jan. 12 and Feb. 9

“When we lose someone we love, we must learn not to live without them, but to live with the love they left behind” - Unknown

If you have experienced grief and loss and would like to join us in community, friendship and support, please join us on the 2nd Tuesday of each month. We are still able to come together albeit on Zoom, so if you are interested in joining us and have access, please call and register with our receptionist to get the Zoom invite or information on how to connect with us by phone. Feel free to call Marty with any questions you might have regarding the group.

### Phone-a-Friend

Recognizing the effects of the isolation this pandemic has

## COUNCIL ON AGING

*continued on page 16*

**Holliston Vision Center**  
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# It's Never Been More Important or Easier to Create or Update Your Estate Plan

Estate Planning is more important now than ever before, and luckily it's never been easier to implement an estate plan.

Do you know who would make healthcare or financial decisions for you if you lost capacity? Who would care for your children? These are some of the important decisions an estate planning attorney can help you navigate. And for the first time in Massachusetts, you can complete your estate plan with an attorney virtually, from home.

Under emergency orders issued this spring, law firms in Massachusetts have the ability to witness and notarize estate planning documents virtually, so you can stay warm, safe and healthy and gain the peace of mind that comes with providing guidance, direction and securing your legacy for your family.

After you've reached the age of 18, no one automatically has the authority to make health or financial decisions for you, not even a spouse. It is essential that you have the legal documents in

place naming a person or people who can make decisions on your behalf. These disability planning documents, the Durable Power of Attorney, the Health Care Proxy/Living Will, the HIPAA Authorization form an essential part of your estate plan.

Almost half of Americans 55+ don't have a will, and data shows that these Americans are at the greatest risk for serious complications and death from COVID-19. Younger Americans are less likely to have a will, but because the pandemic has impacted people of all ages, its essentials for everyone to create or update their estate plan, no matter your age. Estate planning is essential whether or not there is a pandemic, but they are critical to have now.

Having a will and or trust in place allows you to control who manages your assets and cares for your loved ones if you lose capacity or pass away. You're able to designate guardianship for minor children and provide guidance for their care.

If you have an estate plan in place, it's essential that you review it and update it to reflect your current wishes and the current law. 86% of estate plans don't work when you need them to. Common reasons are that the plans are outdated, failing to keep up with the law, or failing to have the right people in positions of authority. If your will or trust is 15 years old, just think about all the things that have changed in your life in the last 15 years! Add to that changes in the law and you're in need of an update for sure.

Our office is offering virtual webinars to learn more about estate planning and how it can help you meet your goals and objectives, protect your legacy and help your family. We also offer virtual (and limited in-person) consultations to understand more about your goals and objectives and implement or update your estate plan.

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## COUNCIL ON AGING

*continued from page 15*

had on all of us and how difficult it has become for all of us to see family and friends with any regularity, we here at the Senior Center would like to pilot a program to help people stay connected. If you are interested in making a new "phone pal", please give a call and ask for Marty.

### SHINE

With Medicare Plans, does it matter which pharmacy you use?

YES, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2021, all the 27 Medicare drug plans have preferred pharmacies as do several Medicare Advantage plans. You should check that the pharmacy you currently use is the best one to use with your plan; plans can change their preferred pharmacies from year to year. By using a preferred pharmacy, you may save money!

The SHINE Program remains available for remote counseling and assistance. Trained SHINE volunteers offer free,

confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE phone appointment, call the senior center at 508-429-0622.

### Fuel Assistance

Applications for Fuel Assistance are here!! This program runs through April 30th, 2021 and is available for both home owners and renters. If your income is below \$39,105 for one person or \$51,137 for two and you could use a little assistance with your fuel costs, please contact Marty for more information and/or to set up an appointment. We, here at the Senior Center can assist any resident of Holliston (regardless of age) with this application.

### Holliston Cable Access Television - HCAT

Do you know how much HCAT has to offer? Did you know that you can watch some recorded presentations by Gary Hylander or get advice by watching "Money and the Law," a program hosted by John Drohan and Jay Marsden where they speak about many different topics? Other programs include "Just Thinking" "a program hosted by Mary Greendale where she speaks with people throughout the community. Also, there are some Legal Presentations by Attorney Arthur Bergeron.

HCAT continues to work with the Senior Center to bring some additional programs to the community including Chair Yoga with Roberta Weiner, some of the Walking Fitness programs and Allie's Pilate program.

Please be sure to visit their website [www.HCATTV.org](http://www.HCATTV.org) and add a few of these exciting programs to your daily schedule.



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Our Dialogue Team will be evaluating our last project and looking forward to new opportunities for interfaith gatherings for 2021. In the meantime we offer you other possibilities from our partners in interfaith dialogue in the Metrowest Area.

If you have suggestions for interfaith encounters please share them with us at [admin@hollistoninterfaith.org](mailto:admin@hollistoninterfaith.org). Shalom, Peace, Salam.

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Housing Lottery: January 18, 2021 @ 7PM via Zoom Please call Susan Jacobson @ 508-440-2812 for Zoom Information or see Zoom Links on application

Household of 1 - \$64,700, Household of 2 - \$77,000, Household of 3 - \$86,650, Household of 4 - \$96,250

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Susan Jacobson, Norfolk Municipal Affordable Housing Trust, 508-440-2812

Application can be found at [www.norfolk.ma.us](http://www.norfolk.ma.us), under "What's New"

Application can be sent via scan, fax or can be picked up by contacting Susan Jacobson and making an appointment to pick up at Norfolk Town Hall by appointment only

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# Pain Medicine Physician Appointed to Milford Regional Medical Staff

MILFORD-Milford Regional is pleased to welcome pain medicine specialist, Edward Michna, MD to the medical staff. He has joined Victor Wang, MD at Brigham and Women's Center for Pain Medicine at Milford, located in the Hill Health Center at Milford Regional Medical Center. The Center for Pain Medicine offers a multi-disciplinary team approach that works with primary care physicians, spine surgeons and other specialists to provide a thorough and individually tailored program for patients to manage their pain.

Dr. Michna graduated in 1991 from UMDNJ-Rutgers New Jersey Medical School, Newark, New Jersey with a degree in medicine after earning a law degree from Seton Hall Law School, Newark, New Jersey. He performed an internship at Monmouth Medical Center, New Jersey and a residency in anesthesia at Brigham and Women's Hospital, Boston, MA. Additionally, Dr. Michna completed a fellowship in pain medicine at Brigham and Women's Hospital. He is board certified in pain medicine, anesthesia and palliative care. Dr. Michna is an assistant professor in anesthesia at Harvard Medical School and is the Director of Pain Trials Center, Department of Anesthesia at Brigham and Women's Hospital.

At the Center for Pain Medicine, the team offers services that include anesthesiology, psychiatry, psychology, nursing, neurology and physical therapy to treat a variety of conditions including back pain, abdominal pain, vascular pain, headaches, neuropathic pain, neck pain, pancreatitis, pelvic pain, cancer pain, peripheral neuropathy and chronic post-surgical pain.

"We are pleased to offer pain management services to our patients at Brigham and Women's Center for Pain Medicine at Milford," says Edward J. Kelly, President & CEO, Milford Regional Medical Center. "Dr. Michna is a highly experienced physician whose comprehensive approach to pain management can provide our patients with a better quality of life."

Appointments with Dr. Michna can be made by calling Brigham and Women's Center for Pain Medicine at Milford at 857-307-7246.



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\*\*Rent determined by PHA based on income of applicant.

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1	\$26,850	\$44,800	\$53,760
2	\$30,700	\$51,200	\$61,440

  \*Income limits apply. Preference for current residents and current employees of the Town of Ashland. Rents, Income limits & utility allowances based on HUD guidelines. Information contained herein subject to change without notice. For more info, language assistance, or reasonable accommodations for persons with disabilities, please call or email.

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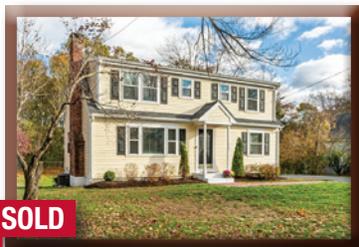


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