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Vol. 6 No. 7

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July 2021

*The Voice of Your Community*

See  
 Inside...



## Town Water Supply Violates New State Standards

BY SEAN SULLIVAN

Natick residents were informed that the town's water supply was in violation of new state standards this year. One could turn on the tap and fill a drinking glass, but was now beset by fresh questions about the quality of its contents.

The contaminants at issue belong to a family of compounds that have ominously come to be called "forever chemicals," owing to their resilience in nature.

They resist being broken down, degraded and absorbed by the environment. They are the chemical cousins of plastic bottles, in that they persist in the landscape virtually unchanged for many years. These substances are found in a wide variety of consumer products, which complicates tracing them to any single source.



"Water, water every where / And all the boards did shrink / Water, water every where / Nor any drop to drink."

Thus is the ironic plight of seafarers in Samuel Taylor Coleridge's poem, "The Rime of the Ancient Mariner." Blown off course into desolate waters,

the sailors are beset by dwindling supplies and other assorted misfortunes.

While not surrounded on all sides by water as far as the eye can see, residents of Natick

**WATER SUPPLY**  
*continued on page 2*

## Natick Service Council Holding Virtual Fundraiser

Natick Service Council is holding its annual race virtual, once again. But this year, there will be a new section – a bike race. It is its one and only fundraiser for the year. Below, Sonia Shah, director of development outreach reach, answered a few questions for the Natick Local Town Pages:

**How did you decide to adapt to Covid last year?**

Last year, we knew we wanted to have an event that engaged the community and also allowed people flexibility to participated. We wanted families to be able to join in the event as well.

**How was last year's event different from previous years?**

Previous to last year, Fall for Natick was a dinner/auction



style event that was geared toward adults and donors. Given the challenges of the pandemic, we choose to make the new event more family friendly. In addition, we saw it as an opportunity to expand our base of supporters.

**How was the community response?**

We were overwhelmed with the community response. We had over 300 participants and that included over 50 children. The community was excited to support NSC while also doing

**FUNDRAISER**  
*continued on page 3*

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**WATER SUPPLY**

*continued from page 1*

and neighboring towns are nevertheless blessed to be situated among a generous distribution of lakes and ponds.

At around 25 percent of its surface area, Massachusetts ranks near the top of the list in terms of topography comprised of fresh water. Michigan has the highest percentage, at just over 40 percent.

Coleridge's sailors were taunted by such a plentiful (yet inaccessible) supply of water, the state of their deprivation made all the more galling.

While Coleridge's sailors could curse Mother Nature for blowing them off course and into peril, we more-modern fellow travelers have only to look in the mirror for who's responsible for our water's quality.

Positively saturated and nearly surrounded by fresh water, residents of Flint Michigan are nevertheless world famous for having endured one of the worst water crises in our nation's history. That state government tinkering hap-

hazardly with its water supply led to the leeching of lead from public pipes. From there, the tainted water flowed into cooking pots, showers, and drinking vessels of residents.

Natick's current water issue is nowhere near as acute and serious as that of Flint's, but it's a reminder of the perils that pollution poses to our most precious resources in an interconnected environment shared by all.

Ours is also a story of standards. Natick was found to be in violation of this class of chemicals in part because Massachusetts holds itself to more rigid and rigorous metrics around pollution. Currently, the federal government has no standards regulating the specific chemicals that are receiving new scrutiny by the Bay State.

Six of these compounds, known as Per- and Polyfluoroalkylsubstances, are the targets of the new testing standards for Massachusetts municipalities. Abbreviated as PFAS6, the state now considers any levels of these chemicals at or above 20 parts-per trillion (PPT) to be a violation of code.

That these substances are seen

as potentially hazardous in such minuscule amounts may attest to their potency. On the other hand, the new standards set by the state assume a lifetime exposure to PSAF6 compounds above the 20 PPT limit, a circumstance that seems unlikely with the new testing and remedial regimens being adopted.

Local governments must average below this limit over the course of three months to pass the new strictures. This is the first year that the standard has been in place, and Natick's Springvale water treatment plant showed an elevated average level of PFAS6 in the first quarter of 2021.

The Springvale water treatment facility at 1080 Worcester Road is ubiquitous to passers-by, its gleaming metal silos standing out and squat, overlooking Lake Cochituate and motorists on the busy adjacent thoroughfare.

There are two sources at Springvale that feed the town's water distribution system, and both of these points exhibited higher average levels of the chemicals than are now permitted. The numbers in non-com-

pliance were in the low 20 PPT range, and the exact figures can be found on the town's website.

Massachusetts announced the new guidelines for PFAS6 levels last fall, and town officials have been working to meet the measures.

"It's been busy," said Jeremy Marsette. "We've been very proactive."

Marsette is director of Natick's Department of Public Works, and has been busied for much of this year with meeting the state's new water standard.

Natick derives its tap water from various sources, and each is regularly monitored for quality and contaminants. Two of these sources host water treatment facilities, the aforementioned Springvale, and the Elm Bank plant located in Dover.

As a temporary remedy for the elevated levels of PFAS6, Natick increased its draw from the Dover source, while conversely paring back the water it derives from Springvale. Elm Bank showed the lowest levels of PFAS6 contamination, and thus Natick plans to get the bulk of its water from that source for the time being.

The increased scrutiny seems

to be taking effect, according to testing data posted for April and May on the town's website. Average levels of PFAS6 compounds appear on a downward trend during the second quarter so far, though no data was available for June as of this writing.

Natick can maintain this shuffling of its water sources for the rest of the year, by which time town officials expect to have a new filtering system in place at Springvale.

A series of four charcoal-based (carbon) filters will be installed there, in a new structure being designed and built to house them, keep them from freezing during the winter. All told, the upgrades will cost around three million dollars.

This may bode well for those in the habit of filtering water at home for personal use, as similar technology can be found in many off-the-shelf water filters. The much-larger versions of these filters were chosen for the Springvale plant due to their efficacy and relative cost advantage.

They are also one of the few technologies approved by Mas-

**WATER SUPPLY**  
*continued on page 3*



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**WATER SUPPLY**

*continued from page 2*

sachusetts' Department of Environmental Protection to filter the contaminants at issue.

Town officials expect the new filtering facility to go online in the fall. Its filters will have a lifespan of about two years, after which they can be swapped out for fresh units. Marsette said that personnel plan to test the water after it passes through the "lead" (first) filter, and use that as a standard of quality control going forward. The water will then move through the remaining three to purify it further.

He added that Natick's current circumstances and proactive approach may have saved the town money in procuring the new filters, which are custom-built. As more towns run afoul of the new water standards, demand (and cost) for the filters is on the rise. It's a state of affairs that may not bode well for the prospect of pure water locally and globally.

"We're very happy that we got in the queue," said Marsette. "We have a great team here. I think we're all learning."

# Artist in Residence - Amy Adams

We welcome Amy Adams - Artist in Residence for the Natick Center Cultural District. Amy will create opportunities for community engagement around the themes of Diversity, Equity and Inclusion through her art. We are thrilled to have her on board and look forward to collaborating with her on her projects. You can learn more about Amy



and her vision for this residency in this introductory video [HERE](#) produced by Don Porter - donaldjason.porter@gmail.com.

Join in for an Art Workshop on Identity with Amy Adams, who will be opening up a physical, emotional, and mental space for people who live, work, and play in Natick to truly see each other as human beings.

The workshop will in-

clude a facilitated journey into identity that helps participants to unpack and process some of the painful aspects of identity, including how people are misunderstood, discriminated against, and judged because of their identities.

Participants will also create a collaborate work of art in which they will have an opportunity to express their true selves, be seen in a humanizing way, and experience a sense of belonging.

**FUNDRAISER**

*continued from page 1*

something fun for their families.

**With Covid on the downswing and regulations surrounding Covid disappearing, why are you still doing a virtual event?**

We decided to continue with the virtual event, because we wanted to make the event family friendly. We are hoping to engage even more families and kids by creating teams for schools and sports programs.

Having a young family myself,

being able to participate in a virtual race and fit the event into our schedule instead of rearranging our schedule for the event, alleviates stress.

**Why add the bike race?**

We decided to add the bike race based on feedback on what participants enjoyed doing with their free time. Also, we have fingers and toes crossed that the bike path will be open for people to enjoy and do the race at the same time!

**Who does the NSC serve?**

NSC clients consist of low and limited income Natick individuals and families, single-parent house-

holds, the unemployed and underemployed, the working poor, those in ill health, the disabled and the elderly with a yearly income of no more than 200% of current federal poverty guidelines. NSC does not discriminate and serves all eligible clients regardless of immigration status.

**How much were you able to raise last year versus previous years?**

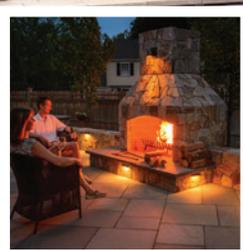
Last year we raised \$37,000, which we were excited about because the virtual race was planned in just 6 weeks. This year, we hope to raise even more! It's also hard to know what im-

part the pandemic had on fundraising because last year was such an anomaly. The year before we raised \$72,000 at the dinner/auction event.

**What have I not asked that you might like to get in the article?**

I think it's important to note that this is our only fundraising event of the year. In previous years we held a telethon and the Fall for Natick Dinner. Next year we are hoping to add an event in the spring. Unfortunately, because of all the uncertainty as we planned for this year, we are only holding one event.

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# Town of Natick Community Senior Center Honored for Innovative Older Adult Program During the Pandemic

“Senior Sized” Farm Shares named a national 2021 Program of Excellence Awardee

Prior to the COVID-19 pandemic, older adults visited their local senior centers every day to connect with friends, learn something new, discover how to stay healthy, give back to their community, and more. Over the past year, these same senior centers have been tasked with also keeping their older members safe and helping them access food and supplies.

The National Council on Aging (NCOA) National Institute of Senior Centers (NISC) is honoring the outstanding work of senior centers during the pandemic with the 2021 Programs of Excellence Awards. Natick Community Senior Center (CSC) is one of 15 programs receiving recognition for innovative, creative, and replicable programs

for older adults.

Natick Community Senior Center (CSC) is receiving the award for “Senior Sized” Farm Shares. In partnership with Natick Community Organic Farm (NCOF) the CSC piloted a CSA program designed for seniors. Natick Council on Aging volunteers delivered NCOF fresh, nutritious produce during the growing season. The program not only supported NCOF but also provided a weekly social contact during the pandemic. The program was generously subsidized by the Foundation for MetroWest and the MetroWest Health Foundation.

The Programs of Excellence are chosen by a national committee of senior center professionals. This year, awards were given in eight categories:

Community Development, Leadership, and Intergenerational Cultural Fundraising Health and Wellness Nutrition Technology Virtual Innovations Social Isolation

“Natick Community Senior Center is an important destination for older adults in Natick, and we worked hard to keep our programs accessible to our members throughout the pandemic,” said, Susan Ramsey, Senior Center & Community Services Director. “We are honored to receive a Programs of Excellence Award, and hope that other senior centers across the country will be able to replicate the Senior Farm Share Program to benefit their members.”

For more information

about the Natick Community Senior Center and its programs for older adults, visit <https://www.natickma.gov/626/Council-on-Aging-Human-Services>. To learn more about NISC, visit [www.ncoa.org/NISC](http://www.ncoa.org/NISC).

About Natick Community Senior Center The Council on Aging, Human Services, and Veteran’s Services are located at the CSC and are charged with responding to the needs, interests and quality of life issues of all who call Natick home.

We seek to improve the quality of life for all of our residents by designing and offering a wide range of educational, recreational, cultural, health and fitness related opportunities for every resident of any age.

**About the Natick Community Organic Farm**

NCOF is a nonprofit, certified-organic educational farm

providing productive open space, farm products, and hands-on education to people of all ages, year-round. Part of the Town of Natick’s Community Services Department, the farm is open every day during daylight hours for visits and for purchases and welcomes 25,000 visitors a year.

**About NCOA**

The National Council on Aging (NCOA) is the national voice for every person’s right to age well. We believe that how we age should not be determined by gender, color, sexuality, income, or zip code. Working with thousands of national and local partners, we provide resources, tools, best practices, and advocacy to ensure every person can age with health and financial security. Founded in 1950, we are the oldest national organization focused on older adults. Visit us at [www.ncoa.org](http://www.ncoa.org) or @NCOAging.

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## Traffic Calming Public Art

Congratulations again to the winners of the Call to Artists for the Traffic Calming Public Art Project in Natick.

The finalists and the selected proposals are:

**Jason Cheeseman-Meyer** - *Sparkling Stream*, **Denise Girardin** - *LOVE 01760*, **Swati Dave** - *Traditional Indian Kolam Designs*, **Keven Baldwin** - *Composition No. 4* and **Polly B. Wright** - Natick Abstract.

The artworks will be displayed near sidewalks at the intersection of Rte. 135 and Rte. 27 in Natick Center. Seen here is artist Polly B. Wright working on her artwork. All the selected artist will be starting work on their projects in the following weeks.



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# New Nonprofit Focuses On Natick Youth

The Redhawk Foundation, a new nonprofit in Natick, aims to financially assist youth sports and activities in the town. Members answer questions for the Local Town Pages below.

hopes to make sports and activities accessible to every local child who wants to participate. Registration fees, camps, private lessons and purchasing equipment can be expensive for families, especially if you have more than one child. For families that are struggling, this can be a reason they are unable to register.



### What is your mission?

The mission of The Redhawk Foundation is to provide financial support for Natick youth sports and activities. This includes community outreach, covering costs for league and class fees, sourcing and upgrading equipment, and improving facilities and playing fields.

### Why is it important to focus on youth?

The past year has been challenging and as we move together toward hope and stability, we recognize that our children have been affected deeply. We understand that being a part of something bigger than yourself, participating in confidence building activities, and exercising and embracing healthy outlets can be exactly what our children need to move forward in a healing, positive way.

### Who is involved with it?

The Redhawk Foundation was founded by the Allain and Warren families, along with members of the Natick Service Council and Foundation MetroWest.

### How can people get involved?

Contact our President, Peter Warren at [pete@redhawkfoundation.org](mailto:pete@redhawkfoundation.org)

### Why Natick?

The founders and directors of the Redhawk Foundation are all Natick residents. We know first-hand the challenges and needs of our fellow Natick residents and we wanted to give back to our Natick community that has always been so giving and generous to us.

### What are the goals?

The Redhawk Foundation

## History of Natick New Mosaic Mural for Court Street

Design by Carol Krentzman and Jason Cheeseman-Meyer with the Natick Historical Society

Work will begin this summer!

There is still time for you to donate and become a sponsor, all sponsors names will become part of the mosaic, placed on the millstone at the bottom right side of the design

### Our Sponsors to Date:

- Middlesex Savings Bank
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- Natick Historical Society
- Rotary Club of Natick
- Tiles Plus More
- Fair & Yeager Insurance
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- and over 30 Individuals
- Many Thanks to All



There are three ways to become a 'History of Natick' sponsor!

1. Go ONLINE to Natick Center Cultural District, a 501 (c)(3) at: [natickcenter.org](http://natickcenter.org), click on MENU, DONATE, SEND (add HON in PayPal memo)
2. MAIL a check to: NCCD attn HON, 8 Court Street, Natick, MA 01760
3. VENMO (add HON in Venmo note): @Carol-Krentzman

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# Family Promise Metrowest receives multiple grants

## Family Promise Metrowest Receives \$22,000 from the Cummings Foundation, Make a Difference Dollars program.

Family Promise Metrowest, a Natick-based nonprofit that offers a community response to family homelessness, announced today that it has received a \$22,000 donation from the Cummings Foundation Make a Difference Dollars program after a recent visit by members of their Site Visit Committee, which evaluates past grantees for additional funding.

“As we approach summer, we are genuinely grateful to the Cummings Foundation Make a Difference Dollars program for their generous donation, which will be used toward general operating expenses for our programs. These are challenging times and with an increase in families facing unemployment and possible eviction, our community partners are needed now more than ever. Thank you to the foundation for their support of the work we are doing.”

—Susan Crossley, Family Promise Metrowest, Executive Director

### About Family Promise Metrowest

Founded in 2008 to provide shelter for families facing homelessness, Family Promise Metrowest’s mission is “to transform the lives of families with children who are facing homelessness by mobilizing a diverse community to provide shelter, education, and comprehensive support.” Over the years FPM has grown to encompass homelessness prevention, transitional, and shelter diversion services, in addition to comprehensive employment and education support. Their unique approach brings together a community of 52 congregations and 3,000+ trained volunteers to provide meals, companionship, and overnight support, while case managers work individually with motivated families to work toward long-term sustainability.

You can learn more at [www.familypromisemetrowest.org](http://www.familypromisemetrowest.org).

### About the Cummings



### Foundation

Woburn-based Cummings Foundation, Inc. was established in 1986 by Joyce and Bill Cummings. The Foundation directly operates its own charitable subsidiaries, including New Horizons retirement communities in Marlborough and Woburn. Bill Cummings released his self-written memoir, *Starting Small and Making It Big: An Entrepreneur’s Journey to Billion-Dollar Philanthropist*, in March 2018. Additional information is available at [www.CummingsFoundation.org](http://www.CummingsFoundation.org) and [Cummings.com/book](http://Cummings.com/book).

### Family Promise Metrowest Receives \$5,000 Grant from the Metrowest Women’s Fund.

Family Promise Metrowest, a

Natick-based nonprofit that offers a community response to family homelessness, announced that it has received a \$5,000 grant from the Metrowest Women’s Fund. The Metrowest Women’s Fund invests in women and girls through education, community building, grantmaking, and strategic partnerships. The grant will provide funding for programs to assist mothers and teens at risk of homelessness who are pursuing advanced education.

“As we approach summer, we are genuinely grateful to the Metrowest Women’s Fund for their generous donation that will be used toward scholarships for mothers and teens in our program who are continuing their education. These are challenging times and with an increase of families facing unemployment and possible eviction, our community partners are needed now more than ever. Thank you to the foundation for their support of our scholarship program,” said

Susan Crossley, Family Promise Metrowest, Executive Director.

Founded in 2008 to provide shelter for families facing homelessness, Family Promise Metrowest’s mission is “to transform the lives of families with children who are facing homelessness by mobilizing a diverse community to provide shelter, education, and comprehensive support.” Over the years FPM has grown to encompass homelessness prevention, transitional, and shelter diversion services, in addition to comprehensive employment and education support. Their unique approach brings together a community of 52 congregations and 3,000+ trained volunteers to provide meals, companionship, and overnight support, while case managers work individually with motivated families to work toward long-term sustainability. You can learn more at [www.familypromisemetrowest.org](http://www.familypromisemetrowest.org).

**FAMILY PROMISE**  
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# Take this job and shove it!? Measure twice, cut once.

More workers are quitting their jobs than at any time in at least two decades.

The Wall Street Journal shared how professionals are burned out from extra pandemic workloads and stress, while others prefer the flexibility of remote work.

Given my recent engagements, there are new perspectives on health, family, and time. Less focus on “earning more, to do more”, but what needs to happen for a new lifestyle while maintaining future goals. Some seek semi-retirement (less pay and responsibilities, more freedoms), others full retirement in their 40’s or 50’s.

Before firing off a resignation, consider the financial and family impact. A few (of the many) items examined:

**Employer benefits are left behind and taxation created?**

Health and life insurance comparisons are important, but a greater impact is on the values and taxation on RSUs, ESPP, pension, and deferred compensation distributions.

Also, bonuses. Is your current firm far-exceeding ‘21 plan and you’ll forfeit by leaving? Will the new firm offer prorated bonus eligibility?

If over 55 but under age 59 1/2 and need income from oversized retirement accounts, pause on rolling over all of your 401(k) until you understand IRS Rule of 55.

**Buying a new home or refinancing?** When applying for a mortgage, refinance, or HELOC, lenders base decisions on many factors, including consistency of earned income. Witness a few days before closing, they will again ask for a most recent paystub.

If you plan to earn less or become self-employed, this can limit your ability to borrow or refinance. Thus, timing is equally important as the desire for a change.

**Will the new employer’s gross stay greener?** Firms seeking talent are being aggressive with benefits and amenities. Part is due to retention of their own talent, so what do things look like in a year?

Are promotions as frequent? Are “team-building” events still posting every Friday on LinkedIn?

Are you still fully, or partially, remote?

**What is your cash flow in 2024, 2026, or with kids in college?** Entering investments into a “retirement calculator” is nice, but it’s the equivalent of checking tire pressure and declaring a car will be fine in 5 years.

Want confidence in sending your resignation?

Run various cash flow analyses with a CFP encompassing income, assets (growth, taxation), liabilities (rates, maturity), expenses, taxes, entitlements, and experience spending goals. Add stress tests by planning for the unexpected and sequence of investment returns.

Beyond understanding data, it’s critical all household members are engaged throughout and desire the “why” behind the change.

With cash flow models, family buy-in, and a focus on well-being, now have an honest conversation with your manager. If the firm says, “Sorry, but...”, personally thank your manager and make sure to log off Zoom before playing Johnny Paycheck or the Dead Kennedys cover.

*The opinions voiced in this material*



Glenn Brown

*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. 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.*

**FAMILY PROMISE**

*continued from page 6*

The Metrowest Women’s Fund is in the “business of changing lives.” They invest in women and girls through community building, education, and grant making. Its mission is to identify the needs of women and girls in the Metrowest and raise resources to meet those needs. Its community philanthropy focuses on 33 Metrowest towns: Acton, Ashland, Boxborough, Carlisle, Concord, Dedham, Dover, Framingham, Harvard, Holliston, Hopkinton, Hudson, Lexington, Lincoln, Marlborough, Maynard, Medfield, Medway, Milford, Mil-

lis, Natick, Needham, Sherborn, Southborough, Stow, Sudbury, Walpole, Waltham, Wayland, Wellesley, Westborough, Weston and Westwood. You can learn more at [www.metrowestwomensfund.com](http://www.metrowestwomensfund.com).

**Family Promise Metrowest Receives \$3,000 Grant from Wellesley Hills Junior Women’s Club**

Family Promise Metrowest, a Natick-based nonprofit that offers a community response to family homelessness, announced today that it has received a \$3,000 grant for housing subsidies for families who are in our SAIL (Sustaining Achievements for Independent Living Program) program. The

SAIL program supports families transitioning out of shelter into permanent housing by providing resources that assist them in establishing long-term stability and independence. This grant is part of the Club’s generous commitment to supporting Family Promise Metrowest not only with funding, but also by volunteering for the organization throughout the year.

“Thank you to all the members of the Wellesley Hills Junior Women’s Club for this funding for our SAIL program, which will help subsidize rent for families moving back into the community. We are so grateful for your organization’s ongoing support of our mission as a Community Partner

since 2012, both through your generous donations and your volunteerism.”

—Susan Crossley, Executive Director, Family Promise Metrowest

**About the Wellesley Hills Junior Women’s Club**

The WHJWC is a volunteer organization founded in 1950

dedicated to community service. Its fundraisers, the Wellesley Marketplace Craft Festival, Wellesley Kitchen and Home Tour, and the 5K Wonder Run and Kids Fun Run, provide scholarships for Wellesley students and support many area charitable organizations.



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# Senior Center

JULY

## ONGOING PROGRAMS

**Mindfulness Meditation**  
Thursday, 2-3pm, free  
Every Thursday with Sharon  
2:00-2:40 pm. This meditation

is audio only and participants are muted during the meditation portion. Everyone is welcome to join for some guided meditation, some quiet sitting and some reflection with Q & A and sharing. Visit Elm Bank/Mass Horti-

cultural Gardens by borrowing the Natick Community-Senior Center member card. Each pass admits 2 for the day. Reserve the pass online at Community Pass for the date you wish to visit. The pass may be borrowed between 10:00 am and 4:30 pm. You may pick up the pass at the Center about 15 minutes before your visit and return the pass directly after your visit. The pass will also be available to borrow for weekends (Gardens open 10am-7pm daily) with a pick-up time from the Center on Friday between 1:00-2:00 pm and must be returned to the Center Monday morning between 9:00- 9:30am. If there is a Monday holiday, then the pass must be returned the next day 9:00-9:30am. If you need assistance reserving the pass, please call the center 508-647-6540. Sponsored by Whitney Place Assisted Living and Memory Care at Natick.

### Walking Group at Elm Bank

Tuesday, 9:30-10:30am, free  
Meet us at the Elm Bank/



Mass Hort Visitor's Center parking lot for our weekly walk around the loop road and maybe even down the Charles River trail. This casual walk is a great way to start the day, meeting new people, getting outside and moving! Please wear sneakers/walking shoes, and any other outdoor stuff you need (ie. sunscreen, hat, water, bug spray etc). Goes rain or shine.

### Soul Bull Durham or A League of Their Own News of the World

### SPECIAL PROGRAMS BFL History Bookgroup with Bacon Free Library and Natick Historical Society-Zoom Program

Thursday, July 8, 11am-noon, free, register e-mail mking@minlib.net.

### JULY MOVIES

**Fast-Forward- PBS Documentary**

**SENIOR CENTER**  
*continued on page 9*

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**SENIOR CENTER**

*continued from page 8*

All are welcome to join this casual group discussing works of fiction and non-fiction. Our book read for this session is *Boys in the Boat: Nine Americans and their epic quest for gold at the 1936 Berlin Olympics* by Daniel James Brown (NF).

**Shifting Gears & REAL ID -- Zoom Program**

Wednesday July 14, 1:30-2:30pm, free. Registration required through Community Pass or call the center, 508-647-6540.

Join MASS DOT presenter, Michele Elicks for tips on how to be a better driver, looking at frequent causes of collisions for older drivers, the warning signs of unsafe driving and medical conditions or medications that may affect your driving. She will also review obtaining a disabled plate or placard and Real ID--the required ID for air travel beginning this fall!

**Powerful Tools For Caregivers Course**

Powerful Tools for Caregivers helps caregivers learn to take better care of themselves while caring for a friend or relative. This six-week class series will give you the tools to:

- Reduce caregiver stress
- Improve self-confidence in caregiving
- Manage time, set goals and problem solve
- Better communicate your feelings
- Make tough caregiving decisions

Locate helpful resources  
Classes will be held virtually via Zoom every Wednesday, for six weeks, beginning on August 25, 10:30am - noon. If you are planning to attend the program or would like to learn more about it, please plan to attend a pre-program Zoom information session on Wednesday, July 21, 10:30am or Wednesday, August 4, 10:30am.

To register for the information session and/or program, please call the Natick Community-Senior at 508-647-6540. Registration is required and space is limited.

If you have any questions or are unable to attend the information session but would like additional information, please contact Karen Edwards at kedwards@natickma.org or call

508-647-6540 and ask for Debbie or Karen.

The program is offered free of charge and is made possible in part by funding from the Older Americans Act, as granted by BayPath Elder Services, Inc.

**AARP Brain Health- - Zoom Program**

Monday, July 26, 1:30-2:30pm, register thru Community Pass or call the center 508-647-6540.

It's never too late to take charge of your brain health! In this interactive session, you will learn about supporting a brain-healthy lifestyle, practice brain-boosting activities and be inspired by others. Join us for this fun and informative session!

**Meet-Up at Butterfly Place, Westford, MA**

Wednesday, July 28, 1:00-2:30pm, \$7 fee.

Meet Up with us at the indoor aviary at The Butterfly Place, 120 Tyngsboro Road

Westford, MA, (978) 392-0955. See New England butterflies and tropical species from all over the world. Walk along a winding pathway. Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. Enjoy our koi fish and quail birds, which live among the butterflies. Visit the "show and tell bench" where a staff member is always available to answer your questions and help make your visit fun. See eggs, caterpillars or other interesting creatures up close.

This is about a 45' drive from Natick, free parking on site.

**AUGUST**

**ONGOING PROGRAMS**

*NO Mindfulness Meditation for the month of August.*

Visit Elm Bank/Mass Horticultural Gardens by borrowing the Natick Community-Senior Center member card. Each pass admits 2 for the day. Reserve the pass online at Community Pass for the date you wish to visit. The pass may be borrowed between 10:00 am and 4:30 pm. You may pick up the pass at the Center about 15 minutes before your visit and return the pass directly after your visit. The pass will also be available to borrow for weekends (Gardens open 10am-7pm daily) with a pick-up time from the Center on Friday between 1:00-2:00 pm and must be returned to the Center Monday morning between 9:00- 9:30am. If there is a Monday holiday, then the pass must be returned the next day 9:00-9:30am. If you need assistance reserving the pass, please call the center 508-647-6540. Sponsored by Whitney Place Assisted Living and Memory Care at Natick.

**Walking Group at Elm Bank**

Tuesday, 9:30-10:30am, free  
Meet us at the Elm Bank/Mass Hort Visitor's Center parking lot for our weekly walk around the loop road and maybe even down the Charles River trail. This casual walk is a

**SENIOR CENTER**  
*continued on page 10*



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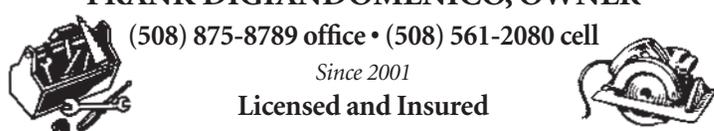
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**SENIOR CENTER**

*continued from page 9*

great way to start the day, meeting new people, getting outside and moving! Please wear sneakers/walking shoes, and any other outdoor stuff you need (ie. sunscreen, hat, water, bug spray etc). Goes rain or shine.

**AUGUST MOVIES**

**The Dig  
Minari**

**My Fair Lady  
Crip Camp**

**AARP Prepare to Care-  
Zoom Program**

Tuesday, August 10, 1:30-2:30pm, register thru Community Pass or call the center 508-647-6540.

No matter where you are in the journey of family caregiving - just beginning to anticipate a need, helping to coordinate a big move, or taking care of a family member full-time - hav-

ing a good framework will help guide both you and your loved ones to make care-giving easier. We'll share tips, advice and resources.

**BFL History Bookgroup  
with Bacon Free Library  
and Natick Historical Society-Zoom Program**

Thursday, August 12, 11am-noon, free, register e-mail mking@minlib.net.

All are welcome to join this casual group discussing works of fiction and non-fiction. Our book read for this session is Isaac's Storm: A man, a time, and the deadliest hurricane in history by Erik Larson (NF).

**Tips for a Better Sleep-  
Zoom Program**

Monday, August 16, 1:30-2:30pm, free, register thru Community Pass or call the center 508-647-6540.

Join Robb Webb, Sleep Lab Manager, MetroWest Sleep Disorders Center, MetroWest Medical Center. Do you chronically have trouble getting a good night's rest? Do you wake up feeling un-refreshed? An estimated 50-70 million US adults have sleep or wakefulness disorders. Join Robb as he talks about the causes of sleep difficulties, treatments/procedures, and how to identify them- helping you get back on track with a healthier life! Better sleep is a healthier YOU.

**Art Matters- Ancient Civilizations Art and Culture**

Thursday, August 19, 11:00am-noon, free, register thru Community Pass or call the center 508-647-6540.

Please join us to examine art from the four great ancient civilizations; Mesopotamia (present day Iraq), Egypt, Greece and the Roman Empire. Each culture in turn contributed to the foundation of our own civilization. From these great cultures, we get writing, government, law & order, institutionalized religion, advanced culture, and the spread of information and ideas. Each civilization developed new and greater achievements, adding to the quality of life for all humankind. Sponsored by Riverbend of South Natick. Providing Exceptional Short-Term Rehab & Skilled Nursing Care under CDC Guidelines, www.rehabassociates.com/riverbend.

**Karen's Bookgroup**

Friday, August 20, 1:00 pm, free, register thru Community Pass or call the center 508-647-6540.

Join Karen Mallozzi, volunteer host and book reader for this casual book group discussing a book that Karen has read and liked. The book pick is The Paris Library by Janet S. Charles; Based on the true World War II story of the heroic librarians at the American Library in Paris,

this is an unforgettable story of romance, friendship, family, and the power of literature to bring us together. (Excerpted from Amazon books review.)

**Fire Safety in Your Home- Zoom Program**

Monday August 23, 1:30-2:30pm, free, register thru Community Pass or call the center 508-647-6540.

Join Kenneth Doucette, Director of Community Affairs, Middlesex Sheriff's Office as he reviews common fire safety precautions you should take at home and he will demo the Hazard Kitchen Educational Prop which has received accolades from the Mass Department of Fire Services.

**Watching Out for Scams-  
Zoom Program**

Wednesday, August 25, 1:30-2:30pm, free, register thru Community Pass or call the center 508-647-6540.

Join, Ken Douette from Sheriff Koutoujian, Middlesex Sheriff's Office in an update on scams to Senior Citizens. There are so many new scams happening during this uncertain time and you should be aware of all these techniques and tricks that scammers will try to use on you. Learn how to protect yourself!

**COMING UP  
IN SEPTEMBER**

**Art Matters- Women Artists- Parts 1 & 2**

Thursday, September 16, 11am-noon

Thursday, October 21, 11am-noon

Sponsored by Avenu, Natick Women artists, capable of the art of creation as well as the creation of art, have historically proved threatening to the dominant male establishment. There are many examples of how she has flourished and failed, been celebrated or crushed, but in almost every instance, needing to be better than their male competitors to be taken seriously. Join us for a look and a discussion about the women who have defied convention to make art from the Renaissance through the 19th century. Part I features women artists up to 20th Century and Part II covers women artists of the 20th Century.



# Bacon Free Library Events

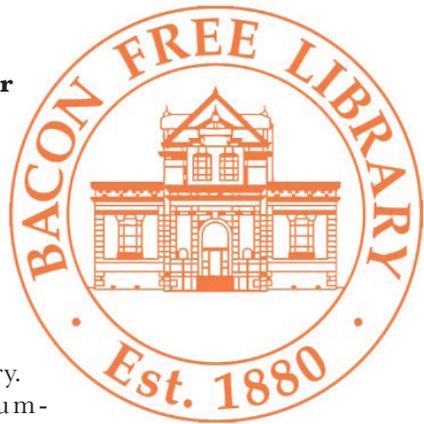
## Outdoor Summer Shape Up

Wednesdays @ 11am on the lawn behind the Bacon Free Library

Dates: July 7, 14, 21

Please bring an exercise mat and hand weights; more details here:

<http://baconfreelibrary.org/event/outdoor-summer-shape-up/2021-06-16/>



## Kids Drawing Class with Smile Artist Bren Bataclan

Weds, July 7 @ 2 pm

<http://baconfreelibrary.org/event/bataclan/>

## Shadow Puppet Workshop

Weds, July 7 @ 6 pm

<http://baconfreelibrary.org/event/shadow-puppet/>

## All-ages Trivia Night on the BFL Lawn: Superheroes

Monday, July 12 @ 6 pm

<http://baconfreelibrary.org/event/triviasuper/>

## Beneficial Bugs - for Kids

Tuesday, July 13 @ 11 am

<http://baconfreelibrary.org/event/nature-bugs/>

## Gorgeous Gardens of New England, part 2

Tuesday, July 13 @ 7 pm

## Puppy Love - Meet Therapy Dogs

Weds, July 21 @ 10 am

<http://baconfreelibrary.org/event/puppy-love-meet-therapy-dogs/>

## Bilingual Story Time: 3 sessions

Wednesdays: July 21, July 28, August 4

<http://baconfreelibrary.org/event/bilingual-story-time/2021-07-21/>

## Tails and Tales with Diane Edgecomb

Monday, July 26 @ 10 am

<http://baconfreelibrary.org/event/detales/>

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# Things to Do Before You Start Traveling Again!

I don't know about you, but I am so excited to travel again and go places. Now that we are able to come out of our homes and do the things we love to do and that we've been holding off doing, let's make sure you can also have peace of mind knowing that you've got everything orderly in case something should unexpectedly happen.

1) **The Legal Documents You Need If You Should Become Incapacitated:** If you should ever become incapacitated, it is critical to have a Power of Attorney in place so that the person you want to take care of your financial matters can legally step into your shoes to handle something for you if you are unable to do so. It is also essential to have a Health Care Proxy in place so that the person you want to make medical decisions for you, if you can't, is legally authorized to do so. If you don't have these documents in place, and something happens to you, your loved ones may need to go to court to seek the ability to act on your behalf. *That court process, called a conservatorship and guardianship, is costly, time-consuming and very stressful for those who need to take*

*care of you. That cost, time and stress can be completely avoided by getting a Power of Attorney and Health Care Proxy in place NOW by meeting with an estate planning attorney and having the attorney prepare them for you.*

2) **The Legal Documents You Need When You Have Young Children:** At the very minimum, in addition to the above documents, if you have minor children, it is essential to get a Will in place and name a guardian who will care for your child if you can't. It is not unusual to hear from a client that it took them a long time to come and see us because they just couldn't decide who they wanted as guardian for their children if they died. Although making this decision is a hard one, if you are having trouble deciding, just imagine what it would be like for a court to decide. Sometimes a decision (especially one that you can change) is better than no decision. An estate planning attorney can help you through your decision-making process and help you get an appropriate Will done so that your children will be taken care of.

## Business spotlight



3) **The Legal Documents You Need Done NOW In Order to Be Prepared for the Future:** None of us like to think about dying, but not thinking about having the appropriate legal documents in place prior to something happening, no matter how unexpected it is, will just leave a mess for your loved ones. In addition to having a Power of Attorney and Health Care Proxy (see above), you should have a Will even if you do not have young children so that you can say what you want to have happen and not leave it up to the state to decide it for you. A Revocable or Irrevocable Trust may also be important. A Trust can help avoid probate, minimize taxes, potentially give you asset protection, and also make sure those who you want to benefit are taken care of in the way you want.

4) **You've Got Legal Estate Planning Documents, But They Are Old:** You may say, 'well, I already have these legal documents.' That's great, but do they still make sense for you? Estate planning documents need to be updated over time. If your documents are over 5 years old, you should have them reviewed by an estate planning attorney to make sure they still work for you and, if they don't, get them updated.

5) **Make Sure Those Who Will Be Taking Care of Things Are Informed:** Do those people who will be helping you should something hap-

pen even know that they are named to help you? Do they know how to get access to your legal documents? What about your account information and passwords? Do you have them in a place that those who need to can find and access them? It's very stressful for the people taking care of you to have to turn the house upside down looking for things in a crisis. Make a plan now so that you can help them later.

Now, go ahead and schedule that trip. However, also call an estate planning attorney and get the above done now so that you can enjoy whatever you do and wherever you go.

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# localtownpages

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# Library news

## First floor open for browsing

We are very excited to announce our move back into Morse Express! Starting June 1st, we will be opening our first floor



for browsing! We will also have computers to reserve, as well as plenty of options for finding and checking out materials! We will be open Monday through Thursday from 9am to 7pm, and Friday and Saturday from 9am to 4pm!

Please head to Morseinstitute.org/express for all the details on what to expect when you visit!

## Walk-Up Window for Holds Pickup

What is the Walk-up Window?

The Walk-up Window allows you to pick up your holds with no appointment necessary! Come to the library and line up outside along the ramp, where you will be protected from the elements with

our exciting new Holiday Window Display. This exciting initiative will give you the flexibility to pick up your items on your time, with expanded hours during the week and on weekends.

If you have holds to pickup, please use the Walk-up Window! This window is located in our interior entryway.

- One person may enter at a time
- Please enter at the bottom of the ramp, and wait on the marked spots to keep physically distant
- An exterior light indicator will go from red to green when it is your turn to enter the Walk-up Window.
- Scan your library card once inside, and we will grab your items for you!
- Don't have anything on hold? Give us a call at 508-647-6520 and we will assist you! Or head to "my account" and browse our catalog!

### Walk-Up Window Hours

Monday - Thursday : 9am-8pm  
Friday & Saturday : 9am-4:30pm  
Sunday : 1pm-4:30pm

### Can I still do Contactless Holds Pick Up?

Yes! We encourage everyone who cannot stand outside or may not want to wait because of children or pets in their car to still book an appointment online or via the Minuteman Library App.

### Contactless Pickup

We will still have contactless pickup appointments available for your convenience and safety.

- Pickup appointments are available from 9am-10am daily from Monday through Friday, and 9am-10am on Saturday. We also have appointments from 7pm-8pm Monday through Thursday.
- You may only book a pickup appointment AFTER receiving a request pickup notice from the Library that your items are ready.
- If you miss your appointment, please call us to schedule another. Because we only have so many slots per appointment, we are unable to reschedule pickup for the same day.
- Puzzles and items from the

"Library of Things" are not available during contactless pickup.

### How does it work?

- Step 1: Put items on hold using your Minuteman account
- Step 2: Wait for an email, text, or phone call that your items are ready to be picked up.
- Step 3: Book a pickup appointment window using our online pickup calendar OR give us a call at 508-647-6520
- Step 4: Come to the Contactless Pickup area outside the library during your appointment window and grab your items off the contactless pickup shelf. Items will be checked out and bagged with your name on it.

### Delivery Service

Delivery Service is available for our patrons who cannot safely come to the library, to see if you qualify for delivery click here.

### What Stays Virtual

- All programming and events will continue to be hosted online.
- Reference assistance by email, chat, text message, appointment, or phone through our Digital Branch
- Virtual Reference hours: Monday-Friday 9am-6pm, Saturday 10am-2pm
- Access to all the great digital content like e-Books, e-Audiobooks, movies, magazines, and music from MorseInstitute.org website and our Virtual Reading Room
- Remote access to research resources like databases

### Express bundles

The new Express Bundles for adults, DVD, teens, and children have launched! Also, we have a new Book-Fix program, that is similar to Stitch-Fix (book bundles curated to fit your taste).

**LIBRARY NEWS**  
continued on page 17

**NSC**  
**FALL FOR NATICK** SEPT. 2021  
Register at [www.natickservicecouncil.org](http://www.natickservicecouncil.org)

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# Sports

## Schmid's Leadership Big Plus For NHS Volleyball Team

By KEN HAMWEY  
STAFF SPORTS WRITER

Garrett Schmid was selected to be a captain as a junior for Natick High's volleyball team but the covid-19 pandemic forced state officials to cancel the 2020 spring season, ending his chance to show how effective he could be as one of the Redhawks' leaders.

Although there was no season, Schmid still fulfilled his duties and responsibilities.

"I took on the role making sure players participated in drills and workouts and enrolled in summer-league competition," Schmid noted. "It was important that our players stayed connected to volleyball."

Fast forward a year and it's refreshing to see that Schmid and Natick's other three captains have done a superb job guiding Natick to a 10-6 record and a berth into the Sectional Tournament.

"Our team this season is basically a new squad," Schmid said. "We began our schedule as an unknown commodity. I'm the only player with varsity experience, having started as a middle hitter my sophomore year when we advanced to the State final where we lost to Westfield. My goals this season are to win the Sectional and get back to the State final for the second straight time."

A right-side hitter, the 6-foot-5

Schmid got his share of blocks and kills. After 16 matches, the Natick native had 100 kills, 33 blocks and 49 aces.

"Garrett is a very intelligent player," said coach Peter Suxho. "He's tall and he knows how to put the ball down in open spaces. A good blocker, he's got a high volleyball IQ and he's very instinctive. Garrett leads by example and he's a very good team player."

The 18-year-old Schmid enjoys playing at the net where he not only registers blocks and kills, but also plays a significant role in read-and-react situations. "I like the right side because I match up against our opponents' strongest hitters," he said. "I get more sets on the right side and it allows me to hit more."

Schmid is a veteran captain who leads on the court and also by being vocal and supportive. "I try to be a positive voice and help teammates whenever possible," he said.

Three teammates Schmid admires are Natick's other captains — seniors David Massa and Jacob Aronov and junior Luke Rossi.

"David is an outside hitter who's got power," Schmid said. "Jacob is a vocal setter, much like a quarterback in football, and Luke is a middle hitter who's smart and strong. He gets lots of

kills. All our captains are very passionate about volleyball."

Schmid also knows that his coach loves the game and strives to impart his knowledge to all his players. "Coach Suxho is smart and he really knows how to build a program," Schmid offered. "He's a great motivator who'll tell you what he thinks."

Schmid has played only two varsity seasons but he's got fond memories of two matches, one from his sophomore season and the other from this campaign.

"I was the only sophomore on the team during the 2019 season," he recalled. "My first varsity game came in our opener against Newton-North. I had 5 blocks and 3 kills but unfortunately we lost the match. This year, against Brookline in our third meeting, I had my best game, getting 15 kills, 4 blocks, and 2 aces. We lost, 3-2, but we played very well together and David Massa, Kendall Jackson and I all had 15 kills or more."

A State title would be a great way for Schmid to end his Natick High career but so far his top thrills are his selection as captain as a junior and his experience competing in a State final as a soph. "We won the Sectional against Lincoln-Sudbury, then won the State semifinal against Winchester," he recalled. "Then we bowed in close games to Westfield in the final. The tourney atmosphere was great and I was glad to get that experience."

When his soph season ended, Schmid had 48 blocks and 27 kills.

Schmid's junior year was wiped out by the coronavirus but he's thankful he's been able to return to action as a senior.

"I was very disappointed when we lost our junior year," he emphasized. "I felt unlucky and I missed the opportunity to be a captain. Now, I'm thrilled to be back competing and striving to get back to the State tourney. Our entire team adjusted well to the modifications caused by the virus. We've all been vigilant about the team's health and safety. As much as I love volleyball, my top priority is the health and safety for our country. I certainly want my par-



Photos by Paradise Photo and Video

ents and my grandparents to be safe."

A straight-A student, Schmid was a member of National Honor Society. He'll be attending Vassar College in Poughkeepsie, N.Y., where he plans on majoring in computer science. "I don't plan on playing volleyball but I'll get involved with some intramural sports," he said. "My focus will be on academics."

A saxophone player in the band, Schmid's athletic philosophy focuses on a balance of reaching one's potential and enjoying competitive sports. "If you're giving your best and having fun, then winning will come with that combination," he offered.

Calling his parents (Kim and Justin) role models for their support and encouragement, Schmid is acutely aware that valuable

life lessons can be learned from athletics. "Sports teach you how to develop a strong work ethic, how to be a leader, how to be compassionate, how to be a good teammate and how to overcome adversity," he said.

An effective hitter and a dynamic leader, Schmid is passionate about volleyball because he likes the instinctive nature that's required, knows the importance of technical skills, and understands why attention to details is a must. He also likes its fast-pace.

"Our team chemistry has led to success this year," Schmid said. "The key is our seniors, captains and starters. The seniors provide experience, the captains provide leadership and the starters provide the needed talent."

Garrett Schmid delivers in all those categories.

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## LIBRARY NEWS

*continued from page 15*

You can use the Walk up window to pick up an Express Bundle on demand.

OR, you can fill out an online form to request:

1. Express Bundle(s) to pick up later at the walk up window (within 1 day!)
2. Express Bundle(s) to pick up via contactless holds
3. Book-Fix curated collection based on your preferences within the categories of adult, teen, or children.

### Mobile Self-Checkout & Contactless Pickup now LIVE on the Minuteman App!

In order to make getting your materials as fast and safe as possible, we are excited to announce that you can now book a contactless pickup appointment directly from the Minuteman App available for both Apple IOS & Android devices!

Coming into the building to pickup materials? You now have a contactless option to check out your materials from within the library! Open the Minuteman Library App, select "Mobile Checkout" and scan the item barcodes to checkout. It is simple, fast, and safe!

### Special Sunday Holds Pickups!

In order to help those who cannot safely come into the Library, we are opening three hours of Contactless Holds Pickup on Sundays. Times will be available at 1:30, 2:30, & 3:30. Visit the Contactless Holds Pickup webpage for all the information on picking up your holds without coming into the library!

### Announcing the Natick Summer Community Read

To supplement our "Tails & Tales" Summer Reading theme this year, the Library will be handing out free copies of Best-selling Author Sy Montgomery's *How to Be a Good Creature: A Memoir in Thirteen Animals* and *Becoming a Good Creature*, the children's book companion. Get your Summer Reading book and tote at the Library starting on June 7th as part of our Summer Community Read and learn all about our amazing "Tails & Tales" programs coming this

summer!

To top it all off, on August 6th at 7pm, join us for a virtual visit and author talk with Sy Montgomery herself!

For more information on our Summer Reading events, head to our Summer Program Calendar at [www.morseinstitute.libguides.com/digital-branch/](http://www.morseinstitute.libguides.com/digital-branch/)

This event is generously sponsored by the Friends of the Morse Institute Library!

### MIL Virtual Programming

#### Children's Events

##### June 2021 : Summer at the Children's Department

June marks the end of the school year and the beginning of summer fun at the Morse Institute Library Children's Department. This year's summer reading theme is Tails and Tales. We begin our summer by giving away copies of Sy Montgomery's *Becoming a Good Creature* (for kids) and *How to be a Good Creature: a Memoir in Thirteen Animals* (for older tweens, teens, and adults), beginning June 7th. This community read culminates in a virtual author visit with Sy herself on Friday, Aug. 6th!

Sign up for either the Trailblazers (for all ages, including preschoolers, listeners, and interested grown ups), or the Realm Runners (grades 4-6). Time your reading, take on reading challenges, and, perhaps best of all, raise money for the Natick Community Organic Farm. You read, we donate! Sign up at <https://morseinstitute.libguides.com/tails-and-tales-2021>.

We'll have Family Bingo Nights on July 1, 15, and 29; Art Across the Continents (seven zoom and virtual programs for Trailblazers); and Through Magical Realms (seven zoom programs for Realm Runners). Register for zoom programs at <http://morseinstitute.evanced.info/signup/Calendar>.

Our popular virtual programming continues with fresh playful takes on language development, educational concepts, and social-emotional learning. Find Rhyme Time (geared for infants and toddlers) at <https://morseinstitute.libguides.com/infant-toddlers/rhyme-time>. Bedtime Buddies (for Pre-K through Gr.1) can be found at <https://morseinstitute.libguides.com/preschool/bedtime-buddies>. These, and all virtual programs, can also be

found at the Morse Institute Library Facebook page.

To cap off our summer, Flying High Frisbee Dogs will entertain us on our lawn!

Find extensive book lists for your summer reading pleasure, and more information about our summer reading program at <https://morseinstitute.libguides.com/tails-and-tales-2021>. Questions? Reach us at [natkids@minlib.net](mailto:natkids@minlib.net) or call 508-647-6522.

#### Program Videos

Premiering on our Facebook and website, no registration needed!

#### Rhyme Time

Posted Wednesdays 10:00am  
short stories, songs and play-time extension activities geared for infants and toddlers and their grownups.

#### Preschool Play

Posted Fridays 10:00am  
weekly program of stories, songs and games designed especially for the preschool set.

#### BedTime Buddies

Posted Wednesday nights 7pm  
A fun pre-bedtime program full of songs, skits, reading and more! A family program for younger listeners and the young at heart

#### Teen and tween

##### Dungeons & Dragons Online Gaming

Friday evenings, 6:00-8:00pm  
Play a Dungeons & Dragons

adventure online over 5 weeks! It will be a fifth edition standard fantasy D&D campaign set in Faerun. Players will be able to choose from a variety of pre-generated first level characters. Beginners welcome!

Open to Teens ages 13-18.

#### Relaxing Coloring

Join us for a coloring session with exclusive coloring sheets - and chat with other Teens & Tweens on Zoom! Hosted by Teen Librarian Robin. If you want to take the coloring sheets and color on your own time, that's OK, too!

Open to Teens ages 11-18 + 5th graders.

Monthly, from 3:00-4:00pm

#### Adult Programs

##### Meditation with Vivek and Lipi

Wednesdays at 6:30pm  
Good news for our Wednesday Night Meditation folks! Vivek and Lipi will be hosting Meditation live using Zoom every Wednesday night at 6:30pm! Join us for relaxation and mindfulness! You must register for each session separately using the online calendar above. The Zoom link will be included in your registration confirmation.

##### Self Care Series: Virtual Qi Gong ("chi" gong)

Every Tuesday at 10am  
Join us weekly on Tuesday

mornings for some relaxing and low-key Qi Gong. Qi Gong is a centuries-old system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. With roots in Chinese medicine, philosophy, and martial arts, Qi Gong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance qi (pronounced approximately as "chi"), translated as "life energy". The best part about Qi Gong, anyone can do it! Please register for each session you will be attending using our online calendar.

#### Research & Learning

##### Exploring Genealogy & Family History

Every Thursday at 3pm  
Join Morse Research Librarian Karol to learn about the Library and other online resources you can use to start researching your family history! Stop by with your questions, or if you have started your research, let us know how it's going. This is a great space to share ideas and strategies to help grow your family tree. This program will be held using ZOOM! Registration is required for each session you plan to attend. Please be sure to enter a valid email address as a Zoom room code and link will be sent in the email confirmation.

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RESIDENTS!**

## Natick Town News

now has its own Facebook page!

Like **Natick Town News** on Facebook to keep up-to-date with articles, events, give-a-ways and contest announcements for Natick!

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As always, find us online at [naticktownnews.com](http://naticktownnews.com)



# Senate Approves Funds for Youth Mental Health Support Text Line

*The pilot program, administered by Samaritans, Inc., aims to address elevated rates of*

*mental illness among youth through confidential and non-judgmental support*

The Massachusetts Senate approved \$250,000 in funding during the FY 2022 budget debate for a pilot program for a youth mental health support text line.

The budget amendment, filed by Senator Becca Rausch (D-Needham), will provide financial support to Samaritans, Inc. in developing a service accessible to any youth in the state of Massachusetts regardless of insurance, income or background. The text line will have dedicated staffing from Samaritans to train and oversee teen volunteers providing evidence-based suicide prevention and mental health support. This funding will also support marketing and communications to promote the service, suicide prevention and mental health support workshops for youth, as

well as culturally sensitive and linguistically appropriate services to reach diverse communities.

“The idea for this pilot program came directly from many of the youth I represent,” said Senator Rausch. “Earlier this month, I hosted a virtual student legislative forum in my district, and my constituents spoke frankly and fearlessly about classmates they lost to suicide, the real fears they faced when deciding to seek help for mental health problems, and clear need for robust and accessible mental health supports. I am so proud to partner with Samaritans provide our youth with resources they need and deserve.”

According to Mental Health America, youth mental health is on the decline nationwide. 9.7% of youth in the U.S. have severe depression, and 60% of these youth do not receive any mental health treatment. Rates of depression are highest among youth who identify as more than one race, at 12.4%. Not only are the numbers of youth searching

for help with their mental health increasing, but throughout the COVID-19 pandemic, youth ages 11-17 have been more likely than any other age group to score for moderate to severe symptoms of anxiety and depression.

“The adoption of this amendment will be transformative to the work we can do to support teen mental health,” said Samaritans’ Chief Executive Officer and President Kathleen C. Marchi. “I am thrilled to partner with Senator Rausch in this work to save lives, and we are so honored to be considered in these advocacy efforts. Let this initiative be a model for how we can all support teens across the Commonwealth.”

“This is what true community partnership is about – coming together to provide support to those who need it most,” said Samaritans’ Chief Clinical Officer Kacy C. Maitland. “We know that the COVID-19 pandemic has taken an unprecedented toll on mental health, and the challenges for youth have been particularly se-



vere. Working together, we can do our part to make sure our young people have the resources they need.”

For over 40 years, Samaritans have provided life-saving suicide prevention services and nonjudgmental support throughout Massachusetts. The service has trained more than 5,250 volunteers in befriending skills, provided suicide prevention workshops to 135,000 individuals, and lent aid and support to 13,000 individuals who have lost a loved

one to suicide. In the wake of the COVID-19 crisis, Samaritans continues to expand its crisis services and educate the public on topics in suicide prevention and mental health awareness.

Senator Becca Rausch represents the Norfolk, Bristol and Middlesex District, comprised of Attleboro, Franklin, Millis, Natick, Needham, Norfolk, North Attleborough, Plainville, Sherborn, Wayland, Wellesley, and Wrentham.



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**Congratulations to our June Winners who will each receive a \$100 gift card to the Muffin House:**

**William Scotland, Veronica Paulson, Jane Sivacek, Geri Sprague and Jon Link**

**Go to [naticktownnews.com](https://naticktownnews.com) and follow us on Facebook for new contest announcements!**

**[naticktownnews.com](https://naticktownnews.com)**

# Real Estate Corner

## Estate Planning Workshop

**WHAT:**

Wills in a Week: An estate planning bootcamp

**WHEN:**

July 12, from 4pm - 5pm (via video) Document signing July 15, 2021 at 9am (drive-by)

**WHERE:**

Ladimer Law Office, P.C.  
209 West Central Street,  
Suite 315B Natick, Mass. 01701

**DETAILS:**

A unique estate planning bootcamp that walks participants through the entire process, Wills in a Week allows participants - from recent graduates and young adults to seniors - to go from zero to document signing in four days, all at a reduced cost.

Ladimer Law founder Julie Ladimer, Esq. developed the program to make a daunting process more accessible and less scary for families who might be overwhelmed with planning for their future.

Wills in a Week participants save time and money with the program and receive a complete package of important legal forms:

- Will
- Durable power of attorney

- Health care proxy
- HIPAA release form
- Declaration of homestead for a trust
- Revocable trust Deed into trust Certificate of trust
- Temporary delegation of parental powers (minor children package)

Space is limited. To reserve your spot, call 508-532-8689 or visit <https://www.ladimerlaw.com/wills-in-a-week/>.

Ladimer Law Office, P.C. is located at 209 West Central Street, Suite 315B, Natick, Mass., 01760. For additional information, email [jladimer@ladimerlaw.com](mailto:jladimer@ladimerlaw.com), visit [www.ladimerlaw.com](http://www.ladimerlaw.com) or call 508-532-8689.

About Ladimer Law Office, P.C.: Ladimer Law specializes in working with families, seniors and singles at all stages of life. Service areas include estate planning, estate tax planning, long-term care planning and MassHealth applications. Ladimer Law strives to accomplish its clients' goals by listening to their needs, educating them on current laws and executing an estate plan that fits their specific goals and adapts to ever-changing laws. For more information, visit [www.ladimerlaw.com](http://www.ladimerlaw.com).

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7 Digren Road  
List: \$659,900  
Sold: \$730,000



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List: \$579,000  
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