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May 2023

## Marathon Monday

The soggy streets were no match for the athletes who ran in the 127th Boston Marathon last month. The course winds its way through the center of Natick, where streets were lined with cheering fans.

Photos by Sean Sullivan



**MARATHON**  
continued on page 2



## Natick Doctor Helps Moms Succeed

BY SEAN SULLIVAN

Complementing her long career in medicine, Natick's Dr. Roseanna Means is still working to traverse the gaps in our healthcare system.

A Boston physician for de-

acades, Means founded "Bridges to Moms," a program that looks after the healthcare needs of mothers struggling with or at risk

**BTM**

continued on page 3

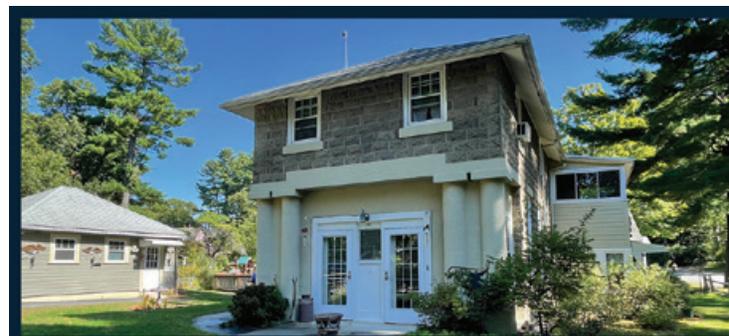
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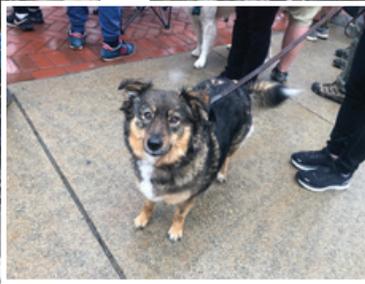
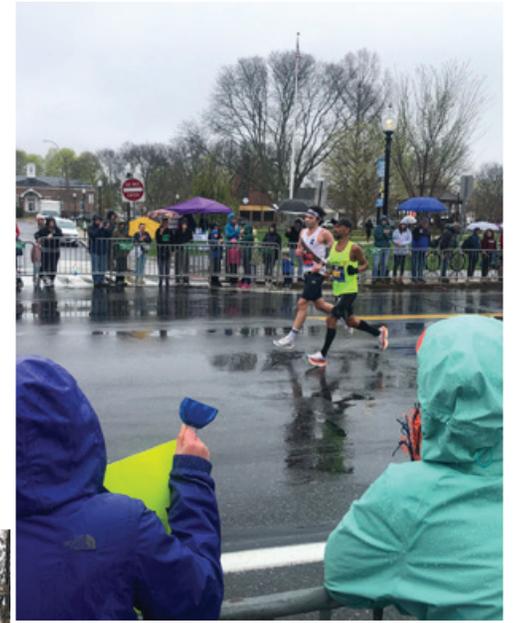
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# Marathon Monday



## Happy Mother's Day

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**BTM**

*continued from page 1*

of homelessness. Based out of Brigham and Women’s hospital, the organization was founded in 2016.

BTM follows expectant mothers throughout their preg-

nancies and beyond, working with them to arrange and deliver the manifold services essential to healthy outcomes.

When it comes to caring for these at-risk mothers, the organization’s strength is redefining the tangential as essential. The devil is often found in the details

of these moms’ healthcare and childcare, said Means, and no element is given short shrift.

In its years caring for the wellbeing of its clients, BTM has become fluent in the myriad, often-overlooked ways that their health can be undermined.

Mothers requiring insulin to treat diabetes, for instance, may often have no way to refrigerate their medication. Many shelters do not have access to a fridge - yet another healthcare hurdle that mothers and advocates must overcome.

“The whole health is looked at,” said Means.

As such, Bridges to Moms appointments are often exercises in fact finding, of teasing out the conditions under which the mothers-to-be are living.

A major obstacle to these moms getting the medical care they need is transportation. Insurance plans don’t cover the cost of trips to and from healthcare facilities like Brigham and Women’s. People living with or at risk of being homeless are often sheltered in far-flung facilities, necessitating long and costly rides to appointments.

And proper nutrition is just one of many risk factors that

Bridges to Moms staff must assess and consider when caring for the health of future mothers. It’s yet another variable that’s taken for granted in more affluent populations.

I you don’t ask, said Means, “You don’t know that they’re not eating or getting the right kind of food.”

Means has a Masters Degree in nutrition, and participants in the BTM program are given vouchers to purchase food in Brigham and Women’s café while they’re visiting the facility for care.

“Pregnancy can be a pretty scary time,” said Means, noting that over ninety-five percent of mothers in the program are women of color, for whom the maternal death rate is three-to-five times higher than average. Since 2016, she said, no participant in Bridges to Moms has died of pregnancy-related causes.

“That’s pretty amazing.”

And after a birth, Bridges to Moms helps new mothers on the path toward more promising futures; the program includes a workforce development and job placement component.

“We don’t sort of stop when

the baby comes,” said Means. “They still have to move on with their lives.”

“We’re very excited with what we can do with these women,” she added, noting that one-third of them are immigrants, for whom English is not a native language. Bridges to Moms also partners with “Found in Translation,” a Boston-based organization that helps at-risk women develop and benefit from multi-lingual fluency.

Language skills can bear significantly upon potential job opportunities and social mobility. Means’ early advice to ESL clients under her care: “Start right now. Start learning English.”

In building Bridges to Moms, every part of the structure is scrutinized, to make the crossing as likely and friction-free as possible. Crossing from pregnancy to motherhood, from at-risk to wellness, from society’s shadows to brighter shores.

On May 10th, the program will be sponsoring a “Day of Beauty,” an event where clients of the program can access free makeovers. Hairstyling, makeup

**BTM**

*continued on page 4*



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MWRTA values diversity, both in the people they employ and those they serve. Their goal is to make everyone feel welcome, comfortable, and accepted. So, whether you're a retiree looking for a new career, or you're sick of commuting on the Mass Pike, MWRTA offers



## Employment spotlight

a professional and fulfilling work environment. There is room for growth and advancement opportunities and a flexible schedule along with a great benefits package.

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### BTM

*continued from page 4*

and manicures will be among the services offered, as well as transportation to the Brigham and Women's facility where the event will be held.

A team of women (affectionately nicknamed the "Grannies") will be on hand that day to look after children of moms undergoing makeovers. Means will be among them.

A way to "Get my baby fix," she said, an added perk of volunteering that day.

The Studio Nails salon in Natick is among the businesses donating time, skills and resources to the event. Studio Nails owner Lynn Dang will make her services available at the Day of Beauty, the latest in a long line of people who have enabled Bridges to Moms to cover the healthcare needs of at-risk women since its founding. The program is funded via philanthropy.

"People just jump at the chance to help us out," said Means.

# Pope Makes History As First Black Woman On Natick Select Board

By JACQUI MORTON

Kristen L. Pope is the first Black Woman to serve on the Natick Select Board.

Winning across 10 precincts in the March 28 Town election, Pope received more votes than



any other candidate, in any of the races, including uncontested races.

Well-known as a trailblazer, founder, speaker, award-winning television journalist, and multi-media strategist, Pope has been honored by Black Enterprise Magazine as one of “9 Women Who Impacted the World of Business” and named among the “Top 50 Most Influential Business Person of Color” in the Boston suburbs.

Leading the social media content team at Harvard University in the Division of Continuing Education, she also runs her own multi-media company focused on culture-shaping digital social content for clients. Pope created and produced two seasons of the variety talk show, “The Positive Controversy with Kristen Pope,” to amplify voices not often heard in the media.

She is also a busy mom and serves on the United Way Tri-County Board of Directors, but is eager to serve the Natick community where she has come to know as home.

Pope is called to service in Natick and inspiring when she discusses what brings her to this work.

“I love that Natick is a place where people can get to know their neighbors, and I love that the town is growing. It’s wonderful how groups and pockets of community come together in a way that is very organic. We have groups like SPARK Kindness and Natick is United – I love how Natick residents come together

around shared goals and in support of the greater good.”

Over her three-year term, Pope hopes to help increase voter participation as well as racial and economic diversity among residents.

A new voice on the Select Board, Pope represents a landslide of voters in her vision for Natick, “I would love to see more diversity represented in places of leadership, and more children, teachers and administrators of color in our schools.”

Pope has 15 years of expertise as a television news broadcaster in places including NBC10

Boston and ABC9 News, and has developed a transformational master class that has helped dozens of aspiring journalists secure jobs in television media. She is a graduate of Hampton University, where she was named Class of 2020 top “Forty Under 40” alumna and an active member of Alpha Kappa Alpha Sorority.

She is also a member of the Natick Runners group and looks forward to connecting with more residents in town. Community involvement is a big part of what excites Pope in Natick, and she hopes to inspire others to join her in town government here.

Reflecting on her path to serving, Pope shared, “I hope that this means fresh perspectives start popping up all over town. You don’t have to look or be or talk or think like everybody else. You don’t have to have a resume or a certain pedigree that looks like anybody else’s. We need the people who have been here for a long time, who have been serving

the town and giving for a long time. But we also need people like me who are newer to the demographic – people who may have an outsider’s point of view but want to contribute to their community, who love this place, who have planted roots. We need all that to make a healthy balance within our town.”

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# Getting Rid of Ants, The Most Common Home Invader

**WPC Pest and Termite Control reminds families that ants are more than a nuisance pest.**

While homeowners across the country enjoy the warm weather and the sights, smells and activities of the season, they also must contend with increased pest activity. This season, WPC Pest Control is reminding homeowners to be on the lookout for one of the most prevalent pests – ants.

Often considered the No. 1 nuisance pest, ants also pose significant health and property risk as they destroy wood and contaminate food items. And with more than 700 types of ant species in the United States, it's not surprising that ants can quickly become a source of disgust, frustration and concern for homeowners.

“Most ants thrive in warm and moist conditions, which is why it's best to eliminate moisture or standing water near or inside the home,” says Jim Mazzuchelli, Owner at WPC Pest and Termite Control. “In some cases, the only way to completely remediate an

ant infestation is to call a qualified pest professional who can locate and remove the identified species' nests.”

Jim from WPC Pest Control reminds homeowners that the first step to remediation is to properly identify which ant species is present in the home.

Some of the most common home invaders include:

- **Odorous House Ants:** These ants get their name from the unpleasant odor they give off when crushed, often described as smelling like a rotten coconut. They typically nest in wall voids and crevices and prefer sweet foods.
- **Pharaoh Ants:** Pharaoh ants prefer sweets, but also consume grease and even shoe polish. They live in extremely large colonies and keep warm near artificial heating sources like baseboard heaters and ovens.

• **Carpenter Ants:** This species hollows out nests in both dry and moist wood, though they prefer the latter. They can be particularly hard to remove since their nests can be more difficult to locate.

• **Fire Ants:** Fire ants can cause severe allergic reactions in addition to structural damage caused by chewing through the insulation around electrical wiring.

Homeowners who suspect an ant infestation should contact a licensed pest professional who can identify ant species and recommend a course of treatment. To learn more about ants, please visit [www.nobugnopests.com](http://www.nobugnopests.com) or call 508-366-1820 to talk with Jim.

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# The Morse Institute Library Upcycles Old PEACE Banners

In June 2020, with the library being closed due to the global pandemic, and anxiety high across the community, Morse Institute Library staff wanted to send a message of hope to the community. And so began the tradition of multi-colored PEACE banners hanging in front of the building each June.



“The second floor of the library was our studio, with yards and yards of sail cloth spread out, measuring, cutting, and sewing the six panels. When we hung them up for the first time, we knew it would be impactful, but we had no idea it would create a rainbow effect inside the ramp. That was a happy bonus,” said Pam Lathwood, Technology

Associate at the Morse Institute Library and longtime Natick resident.

The PEACE banners hung proudly for three summers, but when they came down in 2022 it was clear they needed to retire. And so in celebration of the

**PEACE BANNERS**  
*continued on page 7*

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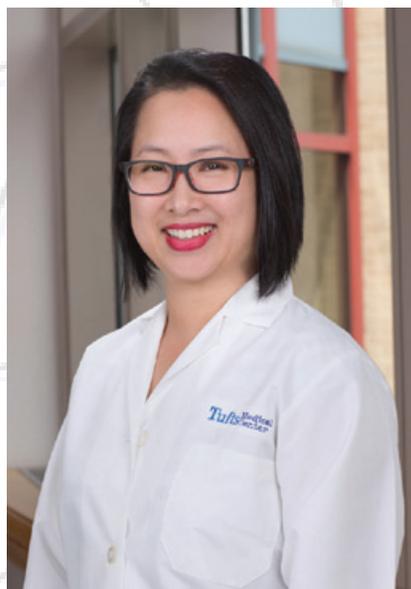
On May 1st, we are pleased to welcome Dr. Thao Thieu to the group!

Dr. Thieu has been an ABOG certified OB/GYN with a focus practice designation in pediatric and adolescent gynecology since 2005.

She comes to us from Tufts Medical Center where she was practicing obstetrics and gynecology and served as the OB/GYN Residency Program Director at Tufts University School of Medicine.

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# “Hey, I showed this last year, do something!”, Sincerely Your Tax Returns.



Glenn Brown

I get it, dealing with your taxes can be emotional.

Add the IRS stating that the average tax refund paid out was 9.8% less than 2022. Ugh.

You’ve had some separation, it’s time to return for an honest conversation. Maybe even bring in some outside help.

A CFP’s goal with tax planning is to help clients take pro-

active steps to save money on their taxes now and help reduce liabilities in the future. Aspects include lowering your AGI (adjusted gross income), leveraging tax deductions, taking advantage of tax credits, tax deferrals and timing of large purchases, sales and realization of income.

Consider potential ways to make impact for 2023:

**Exercising Restricted Stock Units (RSUs)** - Sold some RSUs and get a large tax bill? Connect with HR to discuss withholding options before your next exercise. Also, learn of the benefits and drawbacks of concentrated positions as well as short-term versus long-term capital gains.

**Adjust your W-4** - If you got a large refund, lower your withholding and do more with your money, like ~4% money market interest. Also, if both spouses work and one is self-employed, consider raising your W-4 withholding to avoid potential penalties for underpaying estimated

taxes on a growing small business.

**Track Your Side Hustle** - Government announced Venmo and payment apps report income for goods and services worth \$600 or more annually — a sharp drop from previous \$20,000 threshold. Panic and confusion followed, so the IRS postponed by a year.

Whether you receive a 1099-K form or not, you’ve always been obligated to report income. To help offset, get up to speed on potential deductions including expenses, amortization, and dedicated home office space.

**Revisit Work Benefits** - You can impact your adjusted gross income (AGI) through 401k contributions as well as funding a HSA funding, FSA for dental/vision, FSA dependent care and Commuter Benefits - especially if required to go back into the office.

While some changes can’t happen until open enrollment (and impact 2024), don’t forget if you have a life event - new child,

spouse loses or changes job - you have 30 days to revisit and reset your work benefits.

### Minimize Taxes In Retirement

Taxes are inevitable with retirement savings, deferred compensation and/or pension income, but consider:

**Before Retirement** - Contribute to Roth 401(k) and Roth IRA (if eligible) now. After age 59 1/2 and owned for at least 5 years, withdrawals are completely tax free. Added bonus is Required Minimum Distributions (RMDs) don’t exist for Roth accounts nor are balances in Roth accounts a factor in determining RMDs for your tax deferred accounts.

**During Retirement** - Distribute funds in certain years that you claim large deductions, such as the breaks for medical expenses or charitable gifts that temporarily lower your tax rate.

**Before or During** - Roth Conversion and Backdoor Roth. Yes, pay the taxes now for benefits of Roth later. Consider larger

conversions in years of lower income if self-employed and/or time away from work. Also, when 20% (or more) market corrections occur consider an opportunity to convert investments over to Roth, paying less in taxes and allowing for rebound inside Roth.

Tax planning is complex, but it doesn’t need to be complicated. Work with someone to help you save money, stay organized and reduce liabilities in the future.

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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## PEACE BANNERS

*continued from page 6*

150th anniversary of the library, there were conversations about how to fund a new set of banners to hang in celebration of the library’s 150th anniversary. Local fiber artist, Helen Bellomo, along with a crew of volunteers, up-cycled the old peace banners by making them into reusable totes and zippered pouches. Begin-

ning April 1, the library will sell the bags to fund the purchase of new banners, to be hung in a ceremony on June 16 at 10am.

“It was a joy to work on the PIECE OF PEACE bags. We connected with 15 volunteers who helped cut, pin, and sew. Each bag is unique because we used every bit of the banners. I love sharing my time and talents with my community, and this project was a perfect opportu-

nity,” said Helen Bellomo.

“The PIECE OF PEACE bags are a fantastic way to demonstrate our commitment to sustainability and building community within Natick. You will see patches, faded panels, and parts of the letters. It’s the imperfections of the bags, and the generosity of the volunteers who made them that give these bags special meaning,” said Miki Wolfe, Library Director.



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# Prescription Drugs... Are They Necessary for Acne?

BY LISA MASSIMIANO, LICENSED ESTHETICIAN, CERTIFIED ACNE SPECIALIST, OWNER SKIN SMART SALON

skin so dry and irritated that they stop using it before it can become effective.

Going to a dermatologist and getting prescription drugs is often the first option for many acne sufferers. Patients are usually given antibiotics and a prescription retinoid to use. When this approach fails, the dermatologist will often prescribe a different or stronger drug.

### Isotretinoin

Accutane is an oral medication often prescribed for acne. Although Accutane can work well for some people, it is not a magic treatment, and it comes with a lot of potential side effects.

### Treating Acne Without Drugs

There is no quick fix for acne. For acne sufferers seeking an alternative approach to clear skin, consider going to an Acne Specialist. A licensed skin care professional who is specifically trained to treat acne using a combination of clinical treatments, home care protocols and regular follow-up during the process of clearing acne prone skin.

### Antibiotics for Acne

While oral antibiotics may suppress inflammation, a common symptom of acne, they don't treat the root cause of acne, hyperkeratosis, an inherited condition of excessive shedding of skin cells inside the pores. When acne sufferers stop the antibiotics, the inflamed acne often returns. So, they go back on the drug, creating a constant cycle of antibiotic use.

### Retin-A

Prescription strength topical Retin-A is commonly prescribed for acne. However, this topical drug can be very drying on the skin. Since many people who struggle with chronic acne don't have oily skin, it often makes their

Questions about acne? Email me at [SkinSMARTsalon@aol.com](mailto:SkinSMARTsalon@aol.com) or call me at 508 881-1180. Visit my website [SkinSMARTsalon.com](http://SkinSMARTsalon.com) for information about Skin Smart's acne program and other services.

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# Shirole represents Natick as Project 351 Ambassador

BY THERESA KNAPP

Natick Middle School student Sejal Shirole is this year's Project 351 Ambassador.

Shirole, age 14, first heard about the program from her school counselor last fall, but she knew right away she wanted to accept the nomination.

"I wanted to participate mainly because I'm passionate about helping people and I love community service," says Shirole. "I was quite surprised when I found out I was chosen and it was indeed a 'wow' moment; I kept on thinking to myself, 'Wow, I got chosen out of every single eighth grader in Natick!' and that motivated me to grab at this wonderful opportunity."

Project 351 was started in 2011 by then-Governor Deval Patrick as a way to focus on the potential of the youth in Massachusetts. The statewide project taps 8th grade students who can be described as "unsung heroes and quiet leaders" from all 351 municipalities in the Commonwealth.

When asked why she thought she was chosen, Shirole says, "I thought it was because I didn't talk a lot and was a good student, but now that I think about it, it might have been because I had demonstrated kindness, honesty, sincerity, treating others nicely, and had the potential to guide a group in the right direction. I am also very resilient and tenacious which allows me to get things done, which is a valuable characteristic of a leader."

Wilson Middle School Counselor Kimberly Lowell said,



"Sejal was nominated to be this year's Project 351 Ambassador because, although soft spoken, she is a positive influence in all of her classes. Her teachers report that she holds herself accountable to achieve high academic success. She is kind and respectful to all of her classmates. She listens to others and respects her classmates and their differences. What sets Sejal apart from others is her flexibility and willingness to work with all students in the classroom. Sejal will work with students of all different learning abilities in an inclusion classroom setting. Sejal makes her classmates feel valuable and important."

Shirole describes herself as very shy. "I don't really like to talk to a lot of people I don't know, however, if you were to talk to my friends and family, they would be quite surprised that I endure that personality outside of friend

groups. I am hard working and sincere. My grades are good and I'm proud of them. Lastly, I am someone who stresses a lot. I think that quality is what drives my determination and perseverance and propels me to get things over with, but it's not something I'm too proud of because it has me worried all the time."

So far in the program, Shirole has completed the Spring Service clothing drive at Wilson Middle School to benefit Cradles to Crayons, and the next community project was for Earth Day.

Asked what she hopes to gain from the experience of being this year's Project 351 Ambassador, Shirole says, "I am most excited to see how many people I can impact and maybe even see their reactions."

*For more information on Project 351, visit [www.project351.org](http://www.project351.org)*

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**How to Live on Dream Street**  
 A Diverse Books Story Hour  
 with  
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# Spark Event Hosts Book Illustrator

How to Live on Dream Street: A Diverse Books Story Hour will be held on June 3, at 2pm, at the Natick High School Library, 15 West St, Natick. For the whole community (the book is geared for children ages 4-8)

Join us as award winning illustrator and artist Ekua Holmes reads "Dream Street" about a special street bursting with joy, hope, and dreams and shares about the creative process of illustrating the book.

The story encourages all readers to get to know the characters in their neighborhoods,

to lift up the dreams of others in their families and communities and to believe in the future.

Dream Street speaks to the importance of community and how each person has unique qualities to share. Families will also be able to participate in hands-on activities connected to the book.

This event is Autism Welcoming and we encourage attendees to share any specific needs as they register to help us make the event more accessible.

Learn more about this FREE program and register at [www.SPARKKindness.org](http://www.SPARKKindness.org)

# A Cappella Singers Spring Concert

The A Cappella Singers, a MetroWest women's chorus, is holding its annual Spring Concert on Saturday, May 6, at 7:30 p.m., at the Fisk Memorial United Methodist Church, 106 Walnut St., Natick.

The chorus was formed over 50 years ago and is directed by George Sargeant. The program is a secular and sacred mix, including Hallelujah by Leonard Cohen, Deep in a Dream by Gabriel Faure St eppin' Out with my Baby by Irving Berlin, and ends with a sing-a-long.

There will be a reception following the concert.

Tickets are \$18 in advance or \$20 at the door, and \$15 for students and seniors, and will be available from members or at the concert.

For more information or to reserve tickets, go to [www.theacappellasingers.org](http://www.theacappellasingers.org), or contact us at [info@theacappellasingers.org](mailto:info@theacappellasingers.org), or call Betty Hood at 781-444-5963.

New members will be accepted in September.

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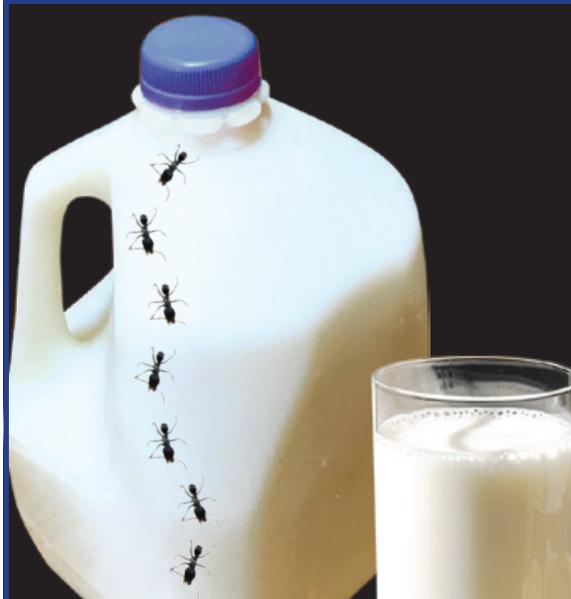
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# Sports

## Leadership, Perspective Make Landry A Superb Setter

### Two-time Captain Eyes State Title For NHS

By KEN HAMWEY  
STAFF SPORTS WRITER

Harrison Landry has all attributes and leadership traits that can take a team a long way in post-season tournament action.

A 16-year-old junior, Landry, who's a setter for Natick High's volleyball team, checks all the boxes that promote team-first play, passion for his sport, dedication and winning.

Consider these facts and quotes on what makes this native of Natick a high caliber competitor and a disciplined leader.

The 5-foot-11 Landry was selected a captain as a sophomore by his coaches, an obvious sign that his leadership ability is welcomed and respected.

Landry's willingness to play through pain. Last year, he fractured his left thumb. Doctors said he could play but he risked re-injuring it. He played with pain and didn't miss a match. A month later, his injury was history.

As a freshman on the varsity, the Redhawks had the potential for a lengthy tourney advance but a loss to Lincoln-Sudbury in the first

round ended that hope. "That loss stuck with me," Landry said. "It taught me that success comes only when there's improvement — day-to-day and year-to-year.

Last year's squad compiled a regular-season record of 13-4 before bowing out of the playoffs in the round of eight to Westford Academy. Asked if this year's squad will be better, Landry said: "It definitely can improve and I expect it to happen."

Landry's coach, the legendary Peter Suxho, said his setter "knows how to deliver the ball to his teammates and he knows how to execute a game plan." He also lists Landry's strengths — "a high volleyball IQ, experience, mental toughness and quickness."

Landry's team goal this season is to improve and advance further than last year. He's not ruling out an appearance in the state title game. "We'll aim for the state championship," he said. "It's a lofty goal but it's also an achievable goal. It's also realistic because we've got experience, depth, athleticism, talent, and five of our returnees were starters last year."

Suxho believes his forces have

"a good chance" to get to the state final and he knows Landry shares that thought. "He's determined to get us there," the coach said.

Landry's individual objectives could easily be mistaken for team goals. "I want to be a leader and a role model, and I want to leave the program better than when I arrived," Landry emphasized.

Landry is comfortable in his role as setter, even though it comes with the kind of pressure a quarterback in football or a point guard in basketball faces.

"I like controlling the tempo," he offered. "The flow of the game is in the setter's hands. The key to be successful involves consistency over time and setting in an accurate fashion. My favorite situation is getting a perfect pass, then setting up another teammate for a kill. An assist is just as good as a kill."

Assisting on points is what makes Landry tick during heated competition. Last year, he compiled 324 assists in 17 matches for an average of 19.1. He also had 20 aces and 68 digs. At Local Town Pages deadline, the Redhawks were 3-1 and Landry had 72 assists.

Four teammates Landry admires for their efforts and contributions are Natick's other four



Harrison Landry soars as he attempts to get the ball to Natick's front-line hitters.

captains. They are senior Shawn Ferguson (libero), juniors Matt Salerno (outside hitter) and Nicholas Bonivere (outside hitter), and sophomore Branch Barnes (setter).

"Shawn is mechanical and has a good eye for the ball," Landry noted. "Matt is a powerful hitter who has experience in close games. Nicholas hits effectively and plays solid defense. Branch has a strong work ethic, high potential and he assists and hits well."

Suxho, who's guided the program to one state crown and three runners-up finishes, gets

high marks from Landry. "Coach Suxho is a master of the game," Landry said. "He's a motivator with a ton of experience. He tells us what's what and there's no middle ground."

Landry's best game was last year when Natick hosted Newton North in the second round of the playoffs. The Redhawks won but it took five sets.

"We got hot early but they bounced back," he recalled. "Our

**LANDRY**  
continued on page 11

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# Sharon Timlin Memorial Event: A Race to Cure ALS to be held on June 17th to benefit The Angel Fund

## Mike Timlin and family will be on hand for race

This year marks the 20th year for the Annual Sharon Timlin Memorial Event: A Race to Cure ALS (Lou Gehrig's Disease) which will be held on Saturday, June 17th at Hopkinton High School.

The popular road race and family fun day benefits The Angel Fund for ALS Research and its research at UMass Chan Medical School. The race has raised more than \$2 million for ALS research since its inception.

The event is held in memory of Sharon Timlin, mother of former Red Sox relief pitcher Mike Timlin who was diagnosed with ALS (Amyotrophic Lateral Sclerosis,) a disease better known as Lou Gehrig's Disease, in May 2001. She died less than a year later, in March 2002. The event also recognizes and honors the Timlin family's commitment to ALS research and The Angel Fund for ALS Research. Mike and his wife Dawn will be guests of honor at the event.

"As a family, we are so thankful to have supported the Angel Fund through the Sharon Timlin

Memorial 5K run," Mike and Dawn said. "The support of the town of Hopkinton has meant the world to us and we look forward to seeing you as we continue this fight against ALS. In this time, we have seen the impact of our contributions to Dr. Brown at UMass Chan Medical School in his research. We are just so thankful for all the support we have received over a 20-year period. We hope you will join us on Saturday, June 17th, 2023."

The course is a fully supported USATF certified 5K racecourse, with timed mile markers. The 5K race begins at 8:30 a.m., followed by the family fun day activities with live music, food, games, raffles, and other activities from 8:30 to 12 noon. A Kids Color Run will held as well

Participants can register at <https://sharontimlinrace.org>. Registration is limited to 1,800 registrants and online registration closes when capacity is reached, or at 11:59pm on June 16, 2023.

The 5K race fee is \$40 for runners who register on or before May 29, 2023. Registration is \$45



after May 29, 2023. Registration for the virtual option is \$25 plus shipping. The first one thousand race participants will receive a commemorative race T-shirt and can enjoy post-race food and Family Fun Day.

Awards will be presented to the top three male and female finishers. The top three finishers in the following age groups will also receive awards: 14 and under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-plus; male/female 80+, and wheelchair division. There will be no duplicate awards.

Runners and non-runners are encouraged to take part in the Angel Fundraising Challenge, a fun and easy way to go the extra



mile and fundraise by setting up their own personalized fundraising page.

"Proceeds from this event benefit The Angel Fund for ALS Research and the UMass Chan Medical School, where world-wide groundbreaking research is being done daily," Rich Kennedy, President of The Angel Fund added. "To date, thanks to you, we've raised over \$2 million for critical research for this devastating disease where there is no treatment or cure."

For information about the

Sharon Timlin Memorial 5K Race to Cure ALS, visit the website [www.sharontimlinrace.org](http://www.sharontimlinrace.org)

In addition to the Angel Fundraising Challenge, donations in Sharon Timlin's memory are also welcome and would be greatly appreciated. Donations can be made online at <https://sharontimlinrace.org>, at The Angel Fund website at [www.theangelfund.org](http://www.theangelfund.org), or by sending a check made payable to The Angel Fund and mailed to The Timlin Race, 149 Wood Street, Hopkinton, MA 01748.

## LANDRY

*continued from page 10*

resilience kicked in during the final set and I was able to keep the team calm. I had 18 assists, an ace and a dig."

Landry, who was a Bay State Conference honorable-mention all-star last year, rates being chosen a captain as a sophomore his top thrill. "I try to lead by example (competitive hustle) and by being supportive and communicative," he said.

An honor-roll student, Landry, who started playing volleyball at age 12, wants to compete at the collegiate level. He's not sure yet on the venue or his major.

Relying on an athletic philosophy of winning and reaching his potential, Landry, who's played club volleyball for five years, has learned some valuable life lessons while competing. "I've learned to be resilient, how to be a leader and a quality teammate and how to overcome adversity," he said.

Landry has developed perspective and maturity from several role models. He includes Suxho for his disciplined and organized style; his

parents (Kathy and Sean) for their support and encouragement; and members of the 2019 volleyball team.

"My brother William was on that team," Landry said. "That group accomplished many of the things I want for our team. They advanced to the state final game but lost to Westfield. Those players fueled my passion for volleyball."

Landry's favorite professional athlete speaks volumes about his own approach. "It's Tom Brady because of his dedication, his never-give-up attitude and his physical conditioning," Landry said.

Teams like Newton North, Needham, Lexington, Milford and Cambridge Rindge & Latin

are foes that Landry thinks Natick could face during the playoffs. "They're talented and they have tradition," he emphasized.

Suxho obviously likes his Redhawks' chances. And, Landry not only agrees with his coach, but he also has faith in his judgment.

"I have full confidence in our coach, Landry said. "I concur with his feelings."

Harrison Landry has the right stuff to help Natick go the distance. He's determined, he's a team-first player, and he allows his dedication, desire and devotion to the game to guide his objectives and his outlook.



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# May is Mental Health Awareness Month

## Recognizing the Importance of Senior Mental Health

May is Mental Health Awareness Month, which aims to raise awareness and reduce stigma around seeking help for mental health concerns. As a provider of assisted living and healthcare services for aging adults in the MetroWest region, including an assisted living community for se-

niors with mental health needs, we are pleased to share important information about senior mental health throughout the month of May.

As we age, we may face a range of challenges that can impact our mental health. Physical health issues, chronic pain,

social isolation, and the loss of loved ones are just a few examples. According to the National Council on Aging, around 20% of adults aged 55 and older experience some form of mental health concern, such as depression or anxiety.

It is crucial to understand that mental health concerns are not a normal part of aging and that there are numerous effective treatments available. Here

are a few key points to consider regarding senior mental health:

Asking for help is a sign of strength: Seeking help for mental health concerns is not a weakness. Many mental health professionals specialize in working with seniors, including therapists and geriatric psychiatrists.

Staying physically active can help: Exercise has been shown to improve mood and reduce symptoms of depression and anxiety. Even light exercise, such as taking a walk or doing gentle yoga, can be beneficial.

Social connection is important: Social isolation is a prevalent issue among seniors and can have a negative impact on mental health. Staying connected with friends and family, joining a club or organization, or volunteering can all help combat social isolation.

Medication may be effective: In some cases, medication may be recommended to treat mental health concerns. It is important to work closely with a healthcare provider to find the right medication and dosage for each individual.

Regular mental health check-ups are key: Just as we have regular physical check-ups, regular mental health check-ups are also essential, particularly as we age. This can help identify any concerns early and ensure that aging adults receive the appropriate care as soon as possible.

During Mental Health Awareness Month, let's remember that mental health is just as vital as physical health, and seeking help for mental health concerns is a sign of strength. By understanding the importance of senior mental health and taking steps to support it, we can all make a positive impact on the lives of seniors in our communities.

### About Mary Ann Morse Healthcare

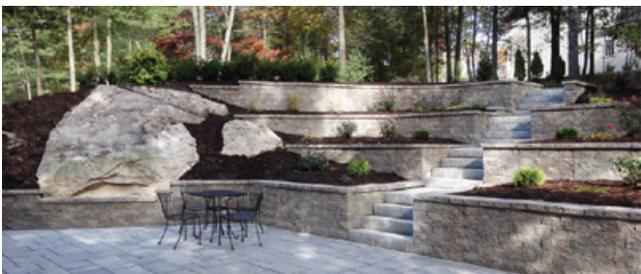
Mary Ann Morse Healthcare is a nonprofit organization that offers a continuum of senior living and healthcare services. It has been a trusted community senior life resource for residents within the MetroWest region for over 30 years. Mary Ann Morse at Heritage provides assisted living, memory care, and mental health programs for today's seniors. Mary Ann Morse Healthcare Center offers short-term outpatient and inpatient rehabilitation, as well as long-term care, including memory, respite, and hospice care. Mary Ann Morse Home Care provides 24/7 Medicare-certified skilled nursing and personal in-home care. As a nonprofit organization, we are deeply committed to our mission of helping seniors to live their best lives and to embrace healthy aging, no matter where they are on life's journey.

For more information about Mary Ann Morse Healthcare, please visit our website at [www.maryannmorse.org](http://www.maryannmorse.org).

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# Community – Senior Center News And Events

## WALKING GROUP - IN PERSON

Tuesday, 9:30-10:30 am, free-Drop-In

May 2, 9, 16, 23, 30 & June 6, 13, 20, 27

Meet us in the parking lot at Wellesley College Sports Center (by the tennis courts Central St- a one way entrance/exit) This casual walk is a great way to start the day, meet new people, get outside and move! Please wear sneakers/walking shoes, and any other outdoor stuff you need. Goes rain or shine. Questions? skirby@natickma.org

## BORROW OUR MEMBER PASS

Passes must be reserved in advance by calling our Center at 508-647-6540 x1908

between 9:00 am-4:00 pm on Monday-Thursday and 9:00 am-2:00 pm on Friday.

## TOWER HILL BOTANIC GARDENS

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The pass may be reserved in person or by phone 508-647-6540 and can be picked up at the Center or emailed to you. Thank you to Whitney Place for sponsoring this program.

## MINDFULNESS MEDITATION- ZOOM & IN PERSON

Every Thursday with Sharon 2:00-2:40 pm. This meditation is audio only and participants are muted, call to register 508-647-6540.

during the meditation portion. Everyone is welcome to join for some guided meditation, some quiet sitting and some reflection with Q & A and sharing.

## MONDAYS AT A MUSEUM- MAY- ZOOM

Mondays from 3:00-4:00 pm, free. We visit museums all over the world and view artwork. Call to register 508-647-6540.

commentary by artists, docents, curators and others.

- May 1- Vermeer
- May 8- St Louis Art Museum-Mexico and Pueblo Painting
- May 15- The Frick Collection
- May 22- Flowers in European Art
- May 29- Memorial Day, Center closed

## HEAT PUMPS FOR HOME-OWNERS - PARTY (Free Pizza!) A NEW WAY TO HEAT/COOL YOUR HOME!

Monday, May 15, 7:00 pm, free, rsvp call 508-647-6540

Electrifying your home's heating and cooling system with a heat pump is one of the most effective ways to make your home more comfortable and reduce your carbon footprint. In this session, you'll learn about cold-climate air-source heat pumps and find out how to: evaluate what type is right for your home, choose a vendor, maximize incentives, and compare quotes. Experts from Mass Save, the Natick Sustainability Committee, HeatSmart

Alliance and neighbors who have installed heat pumps will be available to answer your questions. Hosted by Jillian Wilson-Martin, Director of Sustainability for Natick. And since this is a party,

pizza and snacks will be served!

SENIOR CENTER continued on page 14

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**SENIOR CENTER**

*continued from page 13*

**A SEASONAL SPRINGING TO LIFE-VERNAL POOLS AND THEIR WILDLIFE- IN PERSON & ZOOM**

Tuesday, May 16, 1:30-

2:30pm, free, call to register 508-647-6540.

Join nature expert, Joy Marzolf from The Joys of Nature to learn about this springtime occurrence. What is a vernal pool? It is an essential seasonal habitat for many species from salamanders to wood frogs and many

other species. Learn about these seasonal pools and the many creatures that might inhabit them during the year.

**LORNA'S SUMMER BOOKS PREVIEW -ZOOM**

Wednesday, May 17, 1:30-2:30 pm, free, call to register 508-647-6540.

Join book buyer expert Lorna Ruby from Wellesley Books as she previews new books coming out for the summer. She'll highlight fiction, non-fiction, mystery and other surprises that you'll want to add to your summer reading list.

**BEEYONDER-THE GREAT PYRAMIDS BY CAMEL-ZOOM**

Thursday, May 18, 10:00-11:00am, free, call to register 508-647-6540.

Come join me as we take a ride through the desert around the Giza plateau, taking in the last of the seven wonders of the world. We will get up close to the great pyramids as I take you back to the time of the builder and the pharaohs who commissioned them. We will start off by taking a look

the great sphinx before mounting our camel and riding up the giant causeway making our way round the great pyramids out to one of the most iconic views on earth in this LIVE WALKING TOUR! Zoom link will be sent out a week in advance.

**CULTURALLY CURIOUS-FRIDA KHALO-LOVE, PAIN, PAINTING-ZOOM**

Thursday, May 18, 1:30-2:30pm, free, call to register 508-647-6540.

Frida Kahlo has become a household name in recent years, with movies, books

and countless products dedicated to her art and likeness. This program will go

beyond the artist's famous facial hair and penetrating stare and explore her life

and her work, particularly as it relates to the trolley accident she survived as a

teen and her passionate and often tumultuous marriage to fellow artist Diego

Rivera. Celebrating Cinco de Mayo Hispanic Heritage! Thanks to Whitney Place, Natick for sponsoring this program!

**BASIC ESTATE PLANNING & HEALTHCARE PLANNING FOR ELDERS- IN PERSON**

Tuesday, May 23, 1:30-2:30pm, free, call to register 508-647-6540.

Elder Law Attorney Tim Loff will look at how to protect yourself and help your loved ones help you during your "Golden Years". Topics include: Wills, Trusts, Health Care Proxies, Power of Attorney, Living Wills, Medical Privacy Forms and Burial Directives. Will have hand-outs and Q & A.

Join us for our upcoming Day Trips- Registration is OPEN! Come by the center to register, 117 East Central St, Natick or through Community Pass.

**DAY TRIPS**

**Plymouth, Ma- Mayflower II & Pilgrim Belle**

Thursday, June 22, \$155 per person, 9:00 am departure from Fisk Methodist Church, 107 Walnut St, Natick and return approx-

**SENIOR CENTER**

*continued on page 15*

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**SENIOR CENTER**

*continued from page 14*

imately 5:00 pm.

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ble followed by brownie sundae dessert, coffee/tea (iced or hot) or soft drink included. We round out the day with a leisurely narrated tour aboard the Pilgrim Belle paddlewheel boat and a tour of the harbor. Lastly, shopping on your own at the waterfront shops and return home! A FULL day of land and sea exploration!

Registration deadline is Wednesday, May 31. Space is limited.

Please note: There is some walking, stairs, uneven surfaces and standing for this day trip. This is a non-refundable purchase. Questions? Please call Sharon at Natick CSC 508-647-6540

X1907, skirby@natickma.org

**Foster's Downeast Clam-bake And Isles Of Shoals Cruise, Me**

Tuesday, July 25, \$140 per person due upon registration. Motor coach departs 9:15am from Fisk Methodist church, 107 Walnut St, Natick and returns approximately 7:00pm.

**Rhode Island Lighthouse Cruise**

Wednesday, August 16, \$120 per person due upon registration; 9:15 am departure from Fisk Methodist church, 107 Walnut St, Natick, returning approx-

imately 4:00pm

**Turkey Train, Nh**

Friday, September 22, \$115 pp due upon registration, 9:45am-departure from Fisk Methodist Church, 107 Walnut St, Natick, return approximately 6:45pm.

**Salem Cross Inn**

Tuesday, October 24, \$125 pp due upon registration, 9:00 am-departure from Fisk Methodist Church, 107 Walnut St, Natick, return approximately 4:30 pm.

**Newport Mansions At Christmas Time**

Wednesday, November 29, \$125 per person due upon regis-

tration, 8:45 am departure from Fisk Methodist Church, 107 Walnut St, Natick, return approximately 5:45 pm.

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# Real Estate Corner

## Recent Home Sales

Date	Natick	Amount
04/14/2023	32 Sherman Street	\$600,000
04/14/2023	1 Thoreau Court #16	\$395,000
04/14/2023	25 Laconia Road	\$1.60 mil
04/13/2023	3 Ledge Lane	\$850,000
04/11/2023	12 Burning Tree Road	\$525,000
04/11/2023	80 Eliot Street	\$1.96 mil
04/10/2023	11 Cooper Road	\$1.10 mil
04/10/2023	70 Hartford Street	\$610,000
04/10/2023	44 Washington Street	\$740,000
04/07/2023	2 Waring Road	\$650,000
04/07/2023	5 Plain Street	\$760,000
04/06/2023	20 Oakland Street	\$545,000
04/03/2023	56 Washington Street	\$675,000
03/31/2023	142 Speen Street	\$792,500
03/31/2023	15 Morgan Drive #408	\$578,000
03/29/2023	10 Nouvelle Way #828	\$900,000
03/28/2023	8 Connecticut Avenue	\$679,000
03/28/2023	42 Silver Hill Lane #5	\$347,000
03/28/2023	12 Purington Avenue	\$675,000
03/27/2023	13 Morgan Drive #209	\$705,000
03/27/2023	3 Morgan Drive	\$1.05 mil
03/25/2023	5 Village Way #18	\$305,000
03/24/2023	5 Village Way #23	\$300,000
03/22/2023	9 Village Hill Lane #22	\$285,000
03/21/2023	3 Ivy Lane	\$665,000

Source: www.zillow.com / Compiled by Local Town Pages



80 Eliot Street in Natick recently sold for \$1,96 million. Image credit: www.zillow.com

**Chip Sulser**  
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 bbyrne@advisorsliving.com



67 BEVERLY RD, NATICK, UNDER CONTRACT



44 WASHINGTON ST, NATICK, SOLD



14 SUNDANCE WAY, NATICK, SOLD



64/70 OAKLAND ST EXT, NATICK, UNDER CONTRACT



6 WOODBURY LN, NATICK, FOR SALE



3 RIDGE AVE, NATICK, UNDER CONTRACT



9 NIPMUCK DR, WESTBOROUGH, UNDER CONTRACT



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