

BRIGHT HORIZONS

TOWN OF DOVER



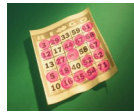
Email: coeditor@doverma.org

Telephone: 508-785-0032 x246

January 2012

*Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow."*
- Robert Frost, *Stopping by Woods on a Snowy Evening*

JANUARY LUNCHEON- BINGO
BRING AN UNWANTED HOLIDAY GIFT!!
Tuesday January 10th, 12:00Noon—Caryl
Please join us for a Bingo Party and bring an
"Unwanted Gift" for our prize table.
RSVP by January 5th

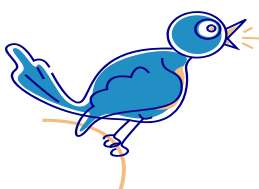


SPIRITUALITY - Father Grimes
Tuesday, January 17th 12:00Noon—Caryl
Light Lunch served. Topic TBA
RSVP by January 12th

JANUARY "CIRCLE OF FRIENDS LUNCH" \$3.00
Tuesday, January 24th, 1:00PM – Grace Church
RSVP by January 18th



BACK YARD BIRDING—INDOORS
Don't want to get up early? Don't want to stand in the cold? Come to Forest Street on January 20th at 9:30AM & enjoy indoor birding with coffee, tea or cocoa. Limited to 6. RSVP at the COA ASAP to save your spot.



ENJOY OUR FEATHERED FRIENDS

A BIG THANK YOU



The COA would like to thank the following people /organizations for their contribution to making it a great holiday season for the seniors.

THE CDC - Thank you to the children who made the Thanksgiving decorations for our November Luncheon. They were great and enjoyed by all.

THE DOVER POLICE ASSOCIATION— Thank you for another wonderful Holiday Brunch and the raffle gifts. It was enjoyed by all.

THE DOVER LEGION— Thank you and all the volunteers for a wonderful dinner and entertainment.

*The seniors always look forward to these events.
Thank you...*

SAVE THE DATE

FEBRUARY LUNCHEON—LOVE TO TRAVEL?

ROAD SCHOLAR - Adventures in Lifelong Learning

LOVE TRAVELLING? Join us for a presentation about Adventures in lifelong learning, the new program name for Elderhostel. Rochelle Kruger will present information about Road Scholar educational programs including "solo" travel options, and other programs that are offered.



PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, January 3rd 11:00AM Fireside Room

PAGETURNERS BOOK CLUB

Thursday January 12th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wednesday January 11th 9:00 – 11:00AM
Appointments are required and a check payable to Dr. Cooper in the amount of \$30 is due at the time of appointment. *Future Dates: March 7th*

BLOOD PRESSURE CLINIC - WALPOLE VNA

Friday, January 27th Fireside Room 1:00PM

Followed by Afternoon Tea

Dear COA Bright Horizons Readers:

I have decided to retire (yet again) so the computer Corner articles and Computer Classes have come to a close. My appreciation and thanks go to all of you who have shared comments, ideas and suggestions about the articles and to all who have attended the weekly classes over the past four years. It has been fun meeting and working with you. Keeping up with your questions has taught me a great deal; hopefully, I have been able to help you in return.

To you all the very best in 2012.

Joan Stapleton

The COA thanks Joan for her time and dedication to her computer class students.

SENIOR COFFEE HOUR

Friday, January 27th 8:00AM Fireside Room

Please come and enjoy coffee and conversation. No reservations necessary



AFTERNOON TEA - SNOWFLAKES TEA

Friday, January 27th 1:30PM – FS Room

Please Join Us.....

U.F.O. (UNFINISHED OBJECTS)

Monday, January 30th - Fireside Room.

Join us from 10am to Noon for an informal gathering to complete any of your UnFinished Objects.

CRAFTS CLASS

Monday, January 9th & 23rd –FS \$2.00

Come and learn something new! The cost is minimal and there are tasty treats and great conversation after the projects are completed.

BRIDGE STARTING IN JANUARY

Starting in January we will have drop-in bridge

We will no longer make calls to set up tables so you may want to bring a partner. Please be on time. *1st & 3rd Wednesday of the Month – 1:00 -3:30PM Fireside Room*

EXERCISE CLASS - Upper Town Hall

Tuesday & Thursday 9:30AM \$2.00

Come and join our exercise class! Men and women are welcome .Bring water. A contribution of \$2.00 is suggested .

GENTLE YOGA - CARYL COMMUNITY CENTER - 2ND FLOOR

Mondays & Wednesdays 9:30AM – 10:30AM

A \$2.00 donation is suggested

****Gentle postures work the joints and muscles to increase flexibility, strength, balance, and circulation.***

****Postures are combined with restorative yoga and breathing techniques to help reduce stress and increase vitality.***

The Gentle Yoga classes are funded in part by a grant through Bay Path Elder Services using Title III Older Americans Act funds.



OUR COA CURRENT WISH LIST

If you have any of the following items you would like to donate, please feel free to drop them off at the COA or give us a call to arrange for us to pick up. Thank you..

- ◆ Seasonal Decorations for our rooms
- ◆ Large or regular print bridge cards & score pads
- ◆ Used books for our library in the fireside room
- ◆ Glue & felt for craft classes
- ◆ Paper or plastic bags to use for delivering items to housebound seniors



DOVER SENIOR TRANSPORTATION SERVICE

If you need a medical or other local ride, give it a try. Better than a taxi at the fraction of the cost.

COST OF LOCAL RIDES EACH WAY:

\$30.00 for a 10 punch ticket provides trip to:

- ◆ Needham, Dedham Medical, Natick, Medfield & Wellesley 2 punches each way (equaling \$6.00 each way).
- ◆ Framingham, Holliston, Newton-Wellesley Hospital 3 punches each way (equaling \$9.00 each way).
- ◆ Sudbury & Waltham 4 punches each way (equaling \$12.00 each way)
- ◆ Within Dover 1 punch each way (\$3.00 each way)

NOTE: THESE RATES DO NOT INCLUDE TIPS

COST OF MEDICAL RIDES TO BOSTON:

(ONLY MEDICAL RIDES TO BOSTON)

- ◆ \$20.00 one way (Does not include Tips)
- ◆ \$40.00 round trip
- ◆ You can purchase the tickets at the COA.
- ◆ Once you have purchased your ticket, call JFK and let them know what time and where you are going.
- ◆ Hours of service: 7:00am to 5:00pm Monday through Friday
- ◆ If you have any questions, please call us at (508) 785-0032 ext 246.

NOTE: THESE RATES DO NOT INCLUDE TIPS

TODAY'S LIVING

January is National Glaucoma Awareness Month

A Few Facts About Glaucoma

Glaucoma is an eye disease in which the normal fluid pressure inside the eye rises above normal. The rise in pressure is caused by decreased drainage out of the eye. As the pressure rises, the optic nerve and other nerve tissue in the eye is damaged.

Nearly 3 million Americans have glaucoma. Some people are at higher risk. Among these are: African Americans age 40 and older, people over the age of 60, those with family history of glaucoma, and people with diabetes. To catch the early symptoms of glaucoma, it is recommended that people who are age 40 or older should have an eye check-up by an ophthalmologist or a physician eye specialist every 2 to 3 years. A yearly check-up is recommended for those who have a family history of glaucoma. The pressure in the eye is checked by placing an instrument onto the surface of the eye. The test is painless.

Glaucoma usually starts without any symptoms. Later, there is some loss of side vision. Objects straight ahead are seen clearly, but objects to the side are missed. As the disease worsens, the ability to see objects on the side is lost. Glaucoma is treated with eye drops or pills. These drugs work to either make less fluid or to improve its drainage out of the eye. Laser or surgeries are later options. Glaucoma is a life-long or chronic health problem.

Regular check-ups by an ophthalmologist is needed to watch for changes in pressure and side vision.

If you are at high risk for glaucoma, or you have concerns about your eyes, speak to your Primary Care Provider. He/she can help you make the decision if a follow-up by an ophthalmologist is appropriate for you



MEET THE COUNCIL ON AGING BOARD OF DIRECTORS

(Each month we will feature one of our Board Members for you to meet. Our members work extremely hard and are dedicated to serving the needs of Dover's Seniors)

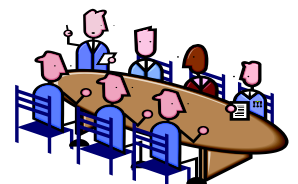
Meet Betty Hagan

Betty Hagan is Chair of our COA Board of Directors. She was raised in Dover, attended the Dover School System, and went on to receive her RN degree from Newton Wellesley Hospital School of Nursing. She married Francis Hagan and they built a home beside her parents. She raised two children and has 4 grandchildren.

She has been involved in Town activities most of her life. She was an elementary school volunteer; a Girl Scout leader; a member of the Dover Alliance; a long time election worker; and a representative for Dover on the Walpole VNA Board of Directors for 6 years. Betty joined the Dover Council on Aging in 1983 and has been on the Board of Directors since. She was Treasurer from 1984 to 1987; Vice Chair from 1988 to 2008 and Chair from 2008 to present.

She enjoys walking, playing with her grandchildren and gardening. She has been a tireless advocate for the Dover seniors and committed to the continued growth of the Council on Aging.

Her wish is that one day Dover has a new Senior Center.



ON THE LIGHT SIDE

10 GOOD THINGS ABOUT A NEW ENGLAND WINTER

10. There are no mosquitoes.
9. You're so busy worrying about your car not starting, you don't have time to worry about anything else.
8. All the sissies leave for Florida.
7. If you carelessly leave meat in your car, it will freeze and stay fresh.
6. It's not as bad as a Manitoba winter.
5. There's the thrill of skiing downhill or unexpectedly being totally out of control as your car slides down an icy road.
4. Bundled up as they are, kids can fall down 3 flights of stairs and not get hurt.
3. There's ice fishing in a -50 degree wind chill. Knowing that, someone, somewhere is flabbergasted at how hearty we are.
2. Anything is better than a humid New England summer.
1. Knowing that the rest of the country is looking at us in total amazement, saying, "Why in the world do they stay there?"

LESSONS WE CAN LEARN FROM A SNOWMAN!!

- ◆ *Wearing white is always in style—even after Labor day*
- ◆ *Getting outside in the winter is good for your health*
- ◆ *It's fun just to hang out in your front yard*
- ◆ *We're all made up of mostly water*
- ◆ *Accessories don't have to be expensive*
- ◆ *Don't get too much sun!*
- ◆ *If you're a little bottom heavy—hey that's okay!*
- ◆ *In a confrontation, a hand-held hairdryer can be an effective weapon*
- ◆ *You know you've made it when they write a song about you*
- ◆ *If you look down and can't see your feet you're probably not very active*
- ◆ *Sometimes sweating too much can have disastrous results!*



Dear Readers..

If you have any short articles of interest to seniors or funny quips for "The Light Side", please feel free to email them to me at: coeditor@doverma.org and I will be happy to review, edit and publish them in the newsletter. This newsletter is for you, and we would love your input!

Thanks,

Sue Sheridan/Editor

FUN WEATHER FACTS

- ◆ The amount of sunlight reaching the earth's surface is 6,000 times the amount of energy used by all human beings worldwide. The total amount of fossil fuel used by humans since the start of civilization is equivalent to less than 30 days of sunshine.
- ◆ The summer of 1995 was so hot that at the end of August, methane emitted within big bales of freshly-cut hay in Missouri began spontaneously combusting.
- ◆ Only two states have record highs no greater than 100 degrees. These are Alaska and Hawaii.
- ◆ Tree crickets are called the poor man's thermometer because temperature directly affects their rate of activity. Count the number of chirps a cricket makes in 15 seconds, then add 37. The sum will be very close to the outside temperature!
- ◆ How far away is lightning? During a storm, count the number of seconds between the flash of lightning and the sound of thunder, then divide by two. The answer reveals how many miles away the lightning is.
- ◆ What causes a red sun? The red or orange color of the rising or setting sun is caused by the increased distance through our atmosphere its rays must pass before reaching our eyes. Our thick impurity-laden lower atmosphere only allows the red tones to pass through it. As the sun rises higher in the sky, its light passes through a shorter distance of thick atmosphere. It loses its redder tone and takes on its characteristic yellow color.
- ◆ How fast do raindrops fall? Not including wind-driven rain, raindrops fall between 7 and 18 miles per hour (3 and 8 meters per second) in still air. The range in speed depends on the size of the raindrop. Air friction breaks up raindrops when they exceed 18 miles per hour.
- ◆ Can lightning strike twice in the same place? Yes! The old adage of lightning never striking twice in the same place is totally false. Lightning is not limited to a one-bolt action. Many lightning flashes are of a multiple variety and may strike repeatedly in a few seconds. Up to 22 consecutive lightning strokes have been observed in a multiple flash.



FROZEN BRANCHES AND TREES

(Submitted by a Dover resident)

Should I shake snow and ice off the branches of my shrubs and trees or is it better to let them shed naturally by themselves?

It is always wise to remove heavy snow that accumulates on your landscape plants before it freezes and breaks or deforms the branches. Gently lift branches upward with a broom or strong pole and shake the snow off, starting near the top of the plant. If snow has already frozen on the branches, or if there is ice, it is best to wait until temperatures rise above freezing.

Trees and shrubs with horizontal branching tend to be less susceptible to snow and ice damage. Most conifers, including juniper, yew, spruce and pine have relatively flexible branches and are well adapted to shedding snow before it becomes so heavy that it breaks branches. Multi-stem shrubs and trees, and those with narrow, upright branches, can be seriously harmed when heavy accumulations pull branches apart. Sometimes, tying the stems of such shrubs together can reduce winter damage. But prevention is a better approach. Prune properly and maintain your plants so that they develop strong branching that resists winter injury.

IF YOU WOULD RATHER READ THE NEWSLETTER ONLINE AND NOT RECEIVE A HARD COPY PLEASE NOTIFY US AT 508-785-0032 EXT. 246. OR EMAIL COEDITOR@DOVERMA.ORG. THE NEWSLETTER WEBSITE IS DOVERMA.ORG/COA.

(Please let us know your name & address Thank you)



JANUARY 2012

DOVER COA



Monday	Tuesday	Wednesday	Thursday	Friday
2 HOLIDAY	3 9:30AM-Exercise UTH 11:00AM- COA Board Meeting -FS Room	4 9:30AM Gentle Yoga—Caryl 1:00PM Drop-in Bridge Fireside Rm.	5 9:30AM - Exercise UTH	6
9 9:30AM - UFO—FS 9:30AM- Gentle Yoga Caryl	10 9:30AM-Exercise UTH 12:00Noon—Luncheon—Bingo	11 9:00AM foot Dr. (By app) 9:30AM Gentle Yoga—Caryl	12 9:30AM - Exercise – UTH 1:00PM-Pageturners-Library	13
16 HOLIDAY	17 9:30AM-Exercise UTH 12:00Noon—Spirituality	18 9:30AM Gentle Yoga—Caryl 1:00PM drop-in bridge Fireside Rm	19 9:30AM - Exercise – UTH	20 9:30AM—Back Yard Birding
23 9:30AM - UFO -FS 9:30AM- Gentle Yoga Caryl	24 9:30AM-Exercise UTH 1:00PM Circle of Friends Luncheon—GC	25 9:30AM Gentle Yoga—Caryl	26 9:30AM - Exercise – UTH	27 8:00am—Sr. Coffee FS Room 1:00PM B/P 1:30 Afternoon Tea FS Room
30 9:30AM - Crafts-FS 9:30am - Gentle Yoga Caryl	31 9:30AM-Exercise UTH			

COA BOARD MEMBERS

Betty HaganChair..... 785-2124
 Jane Hemstreet 785-0372
 Alice BaranickTreasurer..... 785-9829
 Eleanor Bouldry 785-0128
 Phil McChesney..... 785-1749
 Jeanne Gavrilles 785-1814
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 Maureen Dilg 785-2107

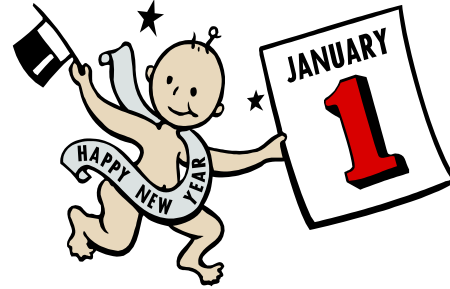
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OFFICE HOURS –

MONDAY – FRIDAY 9:00AM – 4:30PM
COA@DOVERMA.ORG
508-785-0032 Ext. 246

HAPPY NEW YEAR



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