

BRIGHT HORIZONS

TOWN OF DOVER



JANUARY

2013

Email: coeditor@doverma.org

Telephone: 508-785-0032 x246

IF SCHOOL IS CANCELLED THERE ARE NO COA ACTIVITIES.



JANUARY LUNCHEON –HOME SAFETY
WITH DEPUTY FIRE CHIEF DAVE TIBERI
Tuesday, January 8th 12:00PM
BRING ALL YOUR HOME SAFETY
QUESTIONS for Deputy Tiberi to answer.

SPIRITUALITY LUNCHEON—TOPIC TBA
Fr. Grimes of Most Precious Blood Church
Tuesday, January 15th, 12:00PM-Caryl
We always look forward to his visits...
Light lunch served—\$3.00

CIRCLE OF FRIENDS LUNCHEON
Tuesday, January 22nd 1:00PM-Grace Church
RSVP by Jan. 18th 508-785-0032 Ext.246

DID WE MISS YOU?

The COA Board and volunteers have been telephoning all seniors in town asking for their email addresses. If you did not receive a telephone call and would like to be included in our email list, please contact us at coa@doverma.org or telephone 508-785-0032 x246. Don't miss out on timely information you need to have as a senior!

A BIG BIG THANK YOU!!
The COA would like to give a big shout out and thank you to the Dover Police Association for their Annual Brunch and the Dover Legion for their Annual Senior Dinner. Both events always bring out our seniors and are greatly enjoyed by all...Thanks, from the board of directors and staff..

We would also like to thank the preschoolers for their decorations, and all other volunteers who helped make this possible.

SAVE THE DATES

FEBRUARY 12TH LUNCHEON - BINGO - Bring an unwanted gift!!
Tuesday, February 12th—Caryl

“WHAT IS A SENIOR CENTER?”

By the Senior Needs Assessment Committee

The Board of the Dover Council on Aging voted to initiate plans to build a new standalone senior center. As part of this effort, a Senior Center Needs Assessment Committee was formed. The committee's focus is to find the best location within Dover for a Senior Center. They are advocating for a safe, congenial environment where seniors may participate in social, educational and cultural programs and also receive care planning & support. (Cont. pg. 6)

Cont. Pg. 6

(Cont. on Pg 6)

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Wednesday, Jan. 2nd 10:00AM Fireside Room

PAGETURNERS BOOK CLUB

Thursday Jan 10th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wednesday Jan. 9th 9:00 – 11:00AM

Appointments are required and a check payable to Dr. William Cooper in the amount of \$30 is due at the time of appointment. COA - 508 785 0032 Ext. 246

Future Dates: March 6th 2013

SHINE COUNSELOR (See note below)

If you need to speak with a SHINE counselor, please contact the COA at 508-785-0032 ext 246 to schedule an appointment.

BLOOD PRESSURE CLINIC - WALPOLE VNA

Friday, Jan. 25th Fireside Room 1:00PM

AFTERNOON TEA - "WELCOME 2013"

Friday, Jan. 25th 1:30PM – Lower Conf. Rm. Town Hall

SENIOR COFFEE HOUR

Friday, Jan. 25th 8:00AM

Fireside Room

Please come and enjoy coffee and conversation.



U.F.O. (UNFINISHED OBJECTS)

Monday, Jan 7th , 10:00AM - Fireside Room.

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

CRAFTS CLASS

Monday, Jan 14th & 28th 10:00AM –FS \$2.00

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

BOCCE BALL– OUTDOORS

Bocce will resume in the spring.

BRIDGE—DROP-IN BRIDGE

1st & 3rd Wednesday of the Month – 1:00 -3:30PM Fireside Room

TRIAD—Jan 24th 10:30 - FS Room

EXERCISE CLASS - (No class on the 25th)

Tuesday & Thursday 9:30AM \$3.00

Upper Town Hall

Come and join our exercise class! Men and women are

welcome to attend. Bring water.

PAINTING WITH LAVONNE (Holliston Senior Ctr.) *Thursdays at 12:30PM-2:30PM.*

Classes are \$3.00 and held in Holliston. Call the Dover COA for more information.

(Funded by a grant from Foundation of Metrowest)

KNITTING WITH SANDI

Monday January 7th -1:00PM-Lower Conf. Room

Bring your knitting, questions & ideas for new projects. Beginners or Experienced welcome.

CHI GONG * (NOTE PLACE CHANGE) *******

Wednesdays 11:30-12:30 Caryl—COA room.

Donations accepted)

Can I still change my Medicare Plan?

The 2012 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans. For those with a Medicare Advantage Plan:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement at this time.

For those with a Medicare Advantage Plan that ended in 2012:

If you did not select a different Medicare Advantage or a Prescription Drug Plan for 2013, then you are currently in Original Medicare without drug coverage. You have until the end of February to enroll in a new Medicare Advantage or drug plan for 2013, which will begin the first of the month after your enrollment. For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs: You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

If you need an appointment with the SHINE counselor, please call the COA 508-785-0032 Ext. 246

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YOGA FOR WELLNESS - (For All Ages)

CARYL COMMUNITY CENTER - 2ND FLOOR

Mondays & Wednesdays 9:30AM – 10:30AM

60+ - \$3.00 Under 60 \$5.00

Come join the Dover COA community as we move for wellness.

Yoga has long been established as a viable way to improve health and vitality, strength and balance. De-stress, breathe, and move toward a healthier, happier you.

Please wear comfortable clothing.



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 give them the information. (you must give a 48 hr. notice for Boston)
- ♦ Hours of service: 7:00am to 5:00pm Monday through Friday
- ♦ If you have any questions, please call us at

Use For Leftover Christmas Wrapping Paper

- Use the leftover wrapping paper to wrap delicate items, such as providing cushioning between ornaments. This will help you get festively wrapped ornaments for your next Christmas.
- In case the wrapping paper has patterns only on one side, it can be used for wrapping boxes for dioramas or school projects.
- If the wrapping paper demonstrates a particular scene, cut it out and preserve it for the next year or have the kids make Holiday cards for next year.
- While wrapping gift baskets, shred the wrapping paper and paste it on the basket. Use gold, silver or green wrapping paper for decorating Easter gift baskets
- Separate the prettiest wrapping paper and use it as a background material for scrap booking.
- Get your grandkids working and make paper rings from the remaining wrapping paper to form garlands that can be used to decorate Christmas tree. Go ahead and save the garlands for the next Christmas.



GERANIUM "ROZANNE"

In my shade garden, I need color that stands out and shouts "Look at me!" Geranium "Rozanne" is that plant. The flowers are a bluish violet with a white center. My plants start blooming in June and continue non-stop until late October. I consider this plant a ground cover but it can grow to 20" high and spread up to 24". Mine are planted amongst my coral bells and you can see the bluish violet flowers peeping out wherever you look. In the autumn, the foliage changes to a brownish red for a showy fall display. This geranium requires no special care – plant it and walk away. My kind of plant!!

DOVER LIBRARY—BOOKS BY MAIL

A free service provided by the Dover Library for residents of all ages who are confined to home for short or long-term medical reasons and hold a valid library card in good standing. You can call the library for more information and get an application. 508-785-8113.

JANUARY 2013 – DOVER COA

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NEW YEARS DAY	2 10:00AM- COA Board Meeting -FS Room 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Caryl—blue room.	3 9:30AM - Exercise UTH 12:30PM-Painting-Holliston	4
7 9:30AM- Yoga Caryl 2nd floor 10:00AM UFO-FS Rm 1:00PM—Knitting with Sandi-Lower Conf. Rm.	8 9:30AM-Exercise UTH 12:00Noon -Luncheon Caryl - Home Safety.	9 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Caryl—COA blue room	10 9:30AM - Exercise – UTH 12:30PM-Painting-Holliston	11
14 9:30AM- Yoga Caryl 2nd floor 10:00AM Crafts– FS room	15 9:30AM-Exercise UTH 12:00 spirituality with Fr. Grimes - Caryl	16 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Caryl COA Blue Rm	17 9:30AM - Exercise – UTH 12:30PM Painting-Holliston	18
21 HOLIDAY	22 9:30AM-Exercise UTH 1:00PM Circle of Friends Luncheon-Grace church	23 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Caryl COA blue room	24 9:30AM - Exercise – UTH 12:30PM Painting-Holliston	25 8:00AM- Sr. Coffee -FS 1:00PM-B/P-FS 1:30 Afternoon Tea - Lower Conf. Rm
28 9:30AM- Yoga Caryl 2nd floor 10:00AM crafts - FS rm	29 9:30AM-Exercise UTH	30 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong COA blue rm	31 9:30AM - Exercise – UTH 12:30PM Painting-Holliston	

TODAYS LIVING

(SENIOR NEEDS ARTICLE CONTINUED FROM PG. 1)

The Senior Center will have:

- Accessible, flexible and contiguous spaces allowing for concurrent programming and activities
- Welcoming space for informal gathering and socialization
- Activity rooms for various programs such as arts and craft, lectures and seminars
- Main hall for large functions and fitness activities which can be partitioned for smaller group activities and meeting spaces for private consultation
- Office space for Council on Aging employees
- Exclusive use and scheduling of the spaces between the hours of 9:00 a.m. and 4:00 p.m., Monday through Friday, with evening use for non-profits and community-based organizations

Our senior population is growing from 1,300 to 1,800 within the next five years. Therefore, building a Senior Center is a priority for the Council on Aging. Surrounding towns have built such centers for their seniors. Their new, updated facilities are creating growing interest and activity levels from residents. Take the opportunity to visit Westwood, Medfield or Natick's new centers. See for yourself what we hope to create for our seniors here in Dover. If you would like to be added to the Dover Council on Aging's email list to receive information and updates on "Senior Needs", please contact us at coa@doverma.org or telephone 508-785-0032, ext. 246.

JANUARY IS NATIONAL THANK YOU MONTH

January is National Thank You Month. An entire month dedicated to reminding people to say Thank You more often. Have you said Thank You today? In honor of National Thank You Month, say as many sincere Thank Yous as you can. Say Thank You in situations you may not have considered saying it in before. It shouldn't be hard, there's always something or someone to be thankful for. Say your Thank Yous with gusto, with a smile in your voice as well as on your face. Say them as you make eye contact with the person you're thanking. Don't not say Thank You because you're not in close proximity, though. A Thank You card, note, or email will do the trick.

Who should you thank? If you're out shopping, thank the clerks or cashiers who help you. Thank the driver who lets you into the lane in front of him, who doesn't block the side street you're on, or yields to you in the parking lot. Thank slow-pokes in front of you for teaching you patience. Thank your friends for being your friends, your parents for birthing or raising you, your siblings for being supportive or teaching you to stand up for yourself. Thank your boss or employees for a job well done. And don't just say Thank You during National Thank You Month; do it all year long. Thank yourself for treating yourself well, doing what needed to be done, even if you didn't particularly want to, or for allowing yourself to accept something wonderful. Take the National Thank You Month challenge and say as many Thank Yous as you can. Be creative, be original. Seek out people to say Thank You to, and reasons to say it to them.

Why should you say Thank You? Thank You. Two simple words that mean so much. The power of Thank You can't really be measured. A heartfelt Thank You can change a bad mood into good, and make a person who feels unappreciated feel less so. If a sincere Thank You and a smile have ever made you feel good, ever brought a smile to your face, pass them on. Spread the word: it's National Thank You Month. Say Thank You, Gracias, Merci, Danke, Maholo, Grazie, or Gratia. Just say it, and as often as possible.

Who have you said Thank You to lately? I'll go first: Thank You for reading this article.

ON THE LITE SIDE

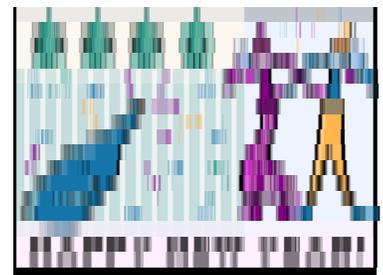
Thoughts To Ponder!

- The aging process could be slowed down if it had to work its way through Congress.
- You're getting old when you're sitting in a rocker and you can't get it started.
- You're getting old when you wake up with that morning-after feeling, and you didn't do anything the night before.
- The cardiologist's diet: if it tastes good, spit it out.
- Doctor to patient: I have good news and bad news: the good news is that you are not a hypochondriac.
- It's hard to be nostalgic when you can't remember anything.
- You know you're getting old when you stop buying green bananas.
- Last Will and Testament: Being of sound mind, I spent all my money.
- When you lean over to pick something up off the floor, you ask yourself if there is anything else you need to do while you are down there.

Observations !!!

- Your kids are becoming you...and you don't like them ...but your grandchildren are perfect!
- Going out is good. Coming home is better!
- When people say you look "Great"... they add "for your age!"
- You forget names ... but it's OK because other people forgot they even knew you!!!
- You realize you're never going to be really good at anything ... especially golf.
- Your husband is counting on you to remember things you don't remember.
- Your husband sleeps better on a lounge chair with the TV blaring than he does in bed. It's called his "pre-sleep".
- You used to say, "I hope my kids GET married ... Now, "I hope they STAY married!"
- You miss the days when everything worked with just an "ON" and "OFF" switch.
- You use more 4 letter words ... "what?"..."when?" ???
- Now that you can afford expensive jewelry, it's not safe to wear it anywhere.
- You read 100 pages into a book before you realize you've read it.
- What used to be freckles are now liver spots.
- Everybody whispers.
- Now that your husband has retired ... you'd give anything if he'd find a job!

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COA BOARD MEMBERS

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Bay Path Elder Services	508-573-7200

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



STD Rate
 U.S. Postage Paid
 Permit No. 3
 Carrier Route Pre Sort

Council on Aging
 Town House Box 250
 Dover MA 02030
 Return Service Requested