LUNCHEONS

JULY LUNCHEON - SUMMERTIME SOCIAL
Tuesday, July 8th 12:00Noon - $4 Donation
Caryl Community Center, Cafeteria
RSVP by: July 3rd.
Light Lunch and Make your own Ice Cream Sundaes. Yum Yum!

CIRCLE OF FRIENDS LUNCH
Tuesday, July 22nd and August 26th 1:00PM — Grace Church, 21 Centre Street, Dover
RSVP by: July 17th and August 21st

POWISSET PICNIC ON THE FARM
Friday, August 8th 12:00Noon - Powisset Farm, Powisset Street, Dover
RSVP by: August 4th
The annual Dover COA / Sherborn COA combined summer picnic in the barn at Powisset Farm. Please bring your own sandwich and we will provide drinks, salads and desserts. A summer classic enjoyed by all!

AUGUST LUNCHEON
No COA luncheon in August.

TRAVELERS WANTED
The Dover COA has a Travel Committee …. and we need YOU to help us. If you would like to join the committee or if you have ideas for travel destinations, please call the COA at 508-315-5734.

THANK YOU
to DSHS Senior Shelby Robin for designing the new Dover COA logo. We love it!

SAVE THE DATES

SUMMER CONCERT SERIES
(Sponsored by Parks & Recreation)
Five Tuesdays in July 7:00pm - Town Common
These outdoor concerts are a town favorite. Bring your chair and enjoy an evening of music on Town Common. The concerts will move inside to the Great Room in Town Hall in case of rain.

MOVIE MATINEES
1:00pm Kraft Hall, The Dover Church, 17 Springdale Avenue, Dover
Thursday, July 3rd 1:00pm - Film To Be Determined
Friday, August 15th 1:00pm - Film To Be Determined
All ages welcome for coffee, tea, dessert and a movie! Mark your calendars for this monthly event. Movie suggestions welcomed - beth@thedoverchurch.org or 508-785-0957.

AN AFTERNOON OF GAMES
Tuesday, August 12th 1:00pm to 3:00pm - Caryl Community Center, Room 116
RSVP by: August 8th
Please join us in our air conditioned office for iced tea, lemonade, light refreshments… and games! We have Parcheesi, Cribbage and playing cards; bring your own favorite game if you’d like to!

SPECIAL CRAFTS CLASS
Monday, August 18th 10:00am - Caryl, Room 116
RSVP by: August 12th
“Flowers and Frogs” - Beth McGaw will lead us in cardmaking using fabrics. All supplies provided.

RSVP for all COA events at www.doverma.org  Click on Council on Aging in the “Dover’s Quick Links” section or call 508-315-5734.
PROGRAMS and SERVICES

AFTERNOON TEA
July: No Afternoon Tea in July
August: Tuesday, August 12th 1:00pm to 3:00pm - Caryl Community Center, Room 116 “An Afternoon of Games”

BLUE MOON BAGELS AND BREADS
July 3, 10, 24, 31 and August 14, 21 - Caryl Community Center, Room 116.
Donated baked goods available for pick up after 10:00am

BOCCE BALL
Fridays at 10:00am - The Center at Medfield for July and August
Bocce will move to The Center at Medfield (1 Ice House Road, Medfield) for July and August (no Bocce on July 4th) as their Bocce court is in the shade. Bocce will return to Dover in September. New and experienced players welcome. Everybody plays!!

FOOT DOCTOR CLINIC
July 23rd (NEW DATE!) 9:00am to 11:00am Caryl Community Center, Room 116
Please call the COA at 508-315-5734 to make an appointment. Checks payable to Dr. Greg Cormier in the amount of $30 are due at the time of appointment.
Future Dates: September 24 and December 3rd

KNITTING
Mondays at 1:00pm - Caryl Community Center, Room 108
Beginners and experienced knitters are welcome! Bring a project of your own or you can join the knitters who have been making hats, booties and blankets for the NICU unit at Newton Wellesley Hospital and cheerful hats for adult and pediatric cancer patients at various local hospitals. Yarn donations happily accepted for these donated items!

SENIOR COFFEE HOUR
Fridays at 8:00am July 25th and August 29th - Caryl Community Center, Room 108
Please come for coffee and conversation.

SHINE cOUNSELOR aSSISTANCE
Shine Counselors can help you with Medicare and Insurance questions. Please call the COA at 508-315-5734 to make an appointment.

SUMMER SCHEDULE CHANGES

AFTERNOON TEA
No Afternoon Tea in July

BLOOD PRESSURE CLINIC
No Blood Pressure Clinic in July and August

BOCCE BALL
Games will be held at The Center at Medfield for July and August - in the shade!

CRAFTS CLASS
No Crafts class in July and August

EXERCISE CLASS
No Exercise class in July and August

MAH JONGG
No Mah Jongg in July and August

PAGETURNERS BOOK CLUB
No Book Club in July and August

YOGA
July: No Mondays. Extra class on Tuesday July 1. No Yoga on July 2 and July 9. August: No Yoga classes.

ZUMBA GOLD
No Zumba Gold in July and August.

COA BOARD MEMBERS
Betty Hagan - Chairperson
Lou Theodos - Vice Chair
Alice Baranick - Treasurer
Maureen Dilg
Cara Groman
Camille Johnston
Barbara Murphy
Gilbert Thisse

COA STAFF MEMBERS
Janet Claypoole - Director
Carl Sheridan - Outreach Worker
Sue Sheridan - Administrative Assistant/Editor
Nancy Simms - Volunteer Coordinator

COA OFFICE
Caryl Community Center Room 116, 4 Springdale Avenue, Dover, MA 02030 508-315-5734

JULY BOARD MEETING
Tuesday July 1st at 10:00am - Caryl Community Center Room 116
**DOVER SENIOR TRANSPORTATION SERVICE**

JFK Transportation provides rides to local destinations and to Boston. Their hours of service are Monday through Friday from 7:00am to 5:00pm.

For **Local** medical and non-medical rides, purchase 10-punch ride tickets at the Dover COA. Each ticket is $30.00. The JFK phone number is on each ticket. They appreciate 48 hour notice.

**Local ride costs:**
- Needham, Dedham Medical, Natick, Medfield and Wellesley - 2 ticket punches ($6.00) each way
- Framingham, Holliston, Newton-Wellesley Hospital - 3 ticket punches ($9.00) each way
- Sudbury & Waltham - 4 ticket punches ($12.00) each way
- Within Dover - 1 ticket punch ($3.00) each way

**Summer Schedule Change!**

Note new **Wednesday** time.

**EXERCISE CLASS** - For All Ages

No Exercise class in July and August. See you in September!

**YOGA FOR WELLNESS** - For All Ages

Days & Times: Mondays & Wednesdays - 9:30am to 10:30am - Caryl Community Center, Room 203

$3.00 contribution for aged 60+  $5.00 all others.

Please join our inter-generational yoga group! 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.

**Summer Schedule Change!**

July yoga dates:
- Mondays: None.
- Tuesdays: July 1st
- Wednesdays: July 16th, July 30th.

August yoga dates:
- None. See you in September!

**ZUMBA GOLD** - For All Ages

No Zumba Gold in July and August. See you in September!

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**NEW RESOURCE FOR FAMILY CAREGIVERS**

BayPath Elder Services, Inc. announces a state of the art website designed to help the growing population of family caregivers in the MetroWest region. Made possible by MetroWest Health Foundation, this new website will provide a single point of access to information, support, resources and social connections for caregivers in the 25 communities served by the MetroWest Health Foundation which includes Dover. Features include an interactive map allowing users access to an extensive list of caregiving resources in each town, a discussion forum, a caregiving blog and a comprehensive information section covering all aspects of family caregiving. The website is [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org). For more information, contact CaregivingMetroWest.org Program Manager Douglas Flynn at 508-573-7204 or dflynn@baypath.org.

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**THROUGH THE GARDEN DOOR**

*Persicaria amplexicaulis 'Firetail'*

This mountain fleece flower forms a tall (3” to 4”), spreading bushy clump of leathery green leaves bearing long spikes of bright crimson-scarlet flower from early summer to late fall. In the fall the leaves turn a bright yellow. Easily grown in average medium to wet, well-drained soil in full sun to part shade. This plant is a steady spreader and needs elbow room. It attracts birds and butterflies. I have grown it in my yard for over 10 years and deer have not touched it.
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<td>2 11:30am Chi Gong - Caryl, Room 108</td>
<td>3 10:00am - Blue Moon Donations 1:00pm Movie Matinee - Kraft Hall, The Dover Church</td>
<td>4 HOLIDAY - All Town Offices Closed.</td>
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**DOVER COA - AUGUST 2014**
Heat Disorder Symptoms
(yourcsd.com)

**SUNBURN**: Redness and pain. In severe cases swelling of skin, blisters, fever, headaches.
**First Aid**: Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.

**HEAT CRAMPS**: Painful spasms usually in the muscles of legs and abdomen with heavy sweating.
**First Aid**: Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue water.

**HEAT EXHAUSTION**: Heavy sweating; weakness; cold, pale, clammy skin; thready pulse; fainting and vomiting; may have normal temperature.
**First Aid**: Get victim out of the sun. Once inside, the person should lie down and loosen his or her clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Offer sips of water. If vomiting continues, seek immediate medical attention.

**HEAT STROKE** (or sunstroke): High body temperature (106° F or higher), hot dry skin, rapid and strong pulse, possible unconsciousness.
**First Aid**: HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL. While waiting for emergency assistance, get the victim out of the sun. Once inside, the person should lie down and loosen his or her clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Use extreme caution. If temperature rises again, repeat process. Do NOT give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

Each year, dozens of children and pets left in parked vehicles die from hyperthermia. Hyperthermia is an acute condition that occurs when the body absorbs more heat than it can handle. Hyperthermia can occur even on a mild day. Studies have shown that the temperature inside a parked vehicle can rapidly rise to a dangerous level for children, pets and even adults. Leaving the windows slightly open does NOT significantly decrease the heating rate.

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**Medicare Appeals**

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. *It is very important to pay attention to the time limits for appeals!*

Some appealable situations are:
- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care that you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should have

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at 1-866-778-0939.

For assistance with understanding and accessing your Medicare benefits, you can call the Dover COA at 508-315-5734 and ask for a SHINE appointment. Alternatively, you can call SHINE directly at 1-800-243-4636; when prompted, press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer SHINE counselor will call you back, as soon as possible.

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.
ON THE LIGHT SIDE

MODERN DEFINITIONS

- **CIGARETTE**: A pinch of tobacco rolled in paper with fire at one end and a fool at the other
- **MARRIAGE**: An agreement wherein a man loses his bachelor degree and a woman gains her master
- **DIVORCE**: Future Tense of Marriage
- **LECTURE**: An art of transmitting information from the notes of the lecturer to the notes of students without passing through the minds of either
- **CONFERENCE**: The confusion of one man multiplied by the number present
- **COMPROMISE**: The art of dividing a cake in such a way that everybody believes he got the biggest piece
- **TEARS**: The hydraulic force by which masculine will power is defeated by feminine water-power
- **DICTIONARY**: A place where divorce comes before marriage
- **CONFERENCE ROOM**: A place where everybody talks, nobody listens and everybody disagrees later on
- **CLASSIC**: A book which people praise but never read
- **SMILE**: A curve that can set a lot of things straight
- **OFFICE**: A place where you can relax after your strenuous home life
- **YAWN**: The only time when some married men ever get to open their mouth
- **ETC**: A sign to make others believe that you know more than you actually do
- **COMMITTEE**: Individuals who can do nothing individually and sit to decide that nothing can be done together
- **EXPERIENCE**: The name men give to their mistakes
- **PHILOSOPHER**: A fool who torments himself during life, to be spoken of when dead
- **DIPLOMAT**: A person who tells you to go to hell in such a way that you actually look forward to the trip
- **OPPORTUNIST**: A person who starts taking a bath if he accidentally falls into a river
- **FATHER**: A banker provided by nature
- **POLITICIAN**: One who shakes your hand before elections and your confidence later
TO ALL NEWSLETTER READERS

The COA would love to have you send in short articles of interest, poems you have written, jokes, newsworthy items or anything else you think readers might enjoy. Please email coaeditor@doverma.org.

NOTE: The COA reserves the right to edit all articles before published.

COA SUMMER OFFICE HOURS

Monday – Thursday 9:00am – 4:30pm
Friday 9:00am - 1:00pm
508-315-5734
COA@DOVERMA.ORG
www.doverma.org

Click on Council on Aging in Dover’s Quick Links section

FRIENDS OF THE DOVER COA

Remember a Loved One or Honor a Friend with a Memorial Gift

Enclosed is my donation of $________ in memory/honor of __________________________

NAME ________________________________ TELEPHONE ________________________________

ADDRESS ________________________________ EMAIL ________________________________

Mail form and donation to Friends of the COA, P.O. Box 130, Dover, MA 02030

Visit us at www.coafriends.org to find out what we do!