

Bright

Horizons



Caryl Community Center Room 116
4 Springdale Avenue
Dover, MA 02030
www.doverma.org
508-315-5734

July / August
2014

DOVER COA
COUNCIL ON AGING

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.

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!



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!



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

JULY BOARD MEETING

Tuesday July 1st at 10:00am - Caryl Community Center Room 116

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

FUN and FITNESS

CHI GONG

*Mondays 5:30pm - Library Community Room
Wednesdays 11:30am - Caryl Community Center, Room 108*



Therapeutic Chi Gong combines deep breathing with whole body movements to harmonize mind and body and promote energy flow. Chi Gong helps you maintain and regain the balance that is so necessary to live the active life you desire.

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

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!

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.

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

For **Boston** medical rides, (only medical rides into Boston), purchase one way tickets at the COA. Each ticket is \$20.00. The JFK phone number is on each ticket. They *require* 48 hour notice.

Boston ride costs:

- ◆ One way trip to Boston - \$20.00 (one ticket)
- ◆ Round trip to Boston - \$40.00 (two tickets)

**** Ticket prices do not include tips ****

Please call the Dover COA at **508-315-5734** to purchase tickets or if you have questions.

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. For more information, contact *CaregivingMetroWest.org* Program Manager Douglas Flynn at 508-573-7204 or dflynn@baypath.org.

DOVER COA - JULY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:30am Yoga - Caryl, Room 215</p> <p>10:00am COA Board Meeting - Caryl, Room 116</p> <p>No <u>Exercise</u> in July / August</p>	<p>2 11:30am Chi Gong - Caryl, Room 108</p> <p>No <u>Yoga</u> today</p>	<p>3 10:00am - Blue Moon Donations 1:00pm Movie Matinee - Kraft Hall, The Dover Church</p> <p>No <u>Exercise</u> in July / August No <u>Mah Jongg</u> in July / August</p>	<p>4 HOLIDAY - All Town Offices Closed.</p>
<p>7 1:00pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library Community Room</p> <p>No <u>UFO</u> in July / August</p> <p>No <u>Yoga</u> today</p>	<p>8 12:00Noon Luncheon - Caryl, Room 108</p> <p>No <u>Exercise</u> in July / August</p>	<p>9 11:30am Chi Gong - Caryl, Room 108</p> <p>No <u>Yoga</u> today</p>	<p>10 10:00am - Blue Moon Donations</p> <p>No <u>Book Club</u> in July / August No <u>Exercise</u> in July / August No <u>Mah Jongg</u> in July / August</p>	<p>11 10:00am Bocce - The Center at Medfield</p> <p>No <u>Zumba</u> in July / August</p>
<p>14 1:00pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library Community Room</p> <p>No <u>Crafts</u> in July / August</p> <p>No <u>Yoga</u> today</p>	<p>15</p> <p>No <u>Exercise</u> in July / August</p>	<p>16 9:30am Yoga- Caryl, Room 203</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>17</p> <p>No <u>Exercise</u> in July / August No <u>Mah Jongg</u> in July / August</p>	<p>18 10:00am Bocce - The Center at Medfield</p> <p>No <u>Zumba</u> in July / August</p>
<p>21 1:00pm Knitting - Caryl, Room 108</p> <p>5:30pm Chi Gong- Library Community Room</p> <p>No <u>UFO</u> in July / August</p> <p>No <u>Yoga</u> today</p>	<p>22 1:00pm Circle of Friends Luncheon - Grace Church, 21 Centre Street, Dover</p> <p>No <u>Exercise</u> in July / August</p>	<p>23 9:00am - Foot Doctor - Caryl, Room 116</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>24 10:00am - Blue Moon Donations</p> <p>No <u>Exercise</u> in July / August No <u>Mah Jongg</u> in July / August</p>	<p>25 8:00am Senior Coffee - Caryl, Room 108</p> <p>10:00am Bocce - The Center at Medfield</p> <p>No <u>Zumba</u> in July / August</p>
<p>28 1:00pm Knitting -Caryl, Room 108</p> <p>5:30pm Chi Gong- Library Community Room</p> <p>No <u>Crafts</u> in July / August</p> <p>No <u>Yoga</u> today</p>	<p>29</p> <p>No <u>Exercise</u> in July / August</p>	<p>30 9:30am Yoga- Caryl, Room 203</p> <p>11:30am Chi Gong - Caryl, Room 108</p>	<p>31 10:00am - Blue Moon Donations</p> <p>No <u>Exercise</u> in July / August No <u>Mah Jongg</u> in July / August</p>	

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 nausea occurs, discontinue 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.

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!



STD Rate
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Return Service Requested

Council on Aging
Box 250
Dover MA 02030