VOLUNTEER LUNCHEON
Tuesday, June 10th 12 Noon—Caryl Community Ctr.
This luncheon is to honor our volunteers who give so much time and energy to the COA.
PLEASE RSVP TO THE INVITATION by June 5th
508-315-5734

COME HEAR TONY FUNCHES - SINGER
FROM THE PLATTERS
Tues, June 17th 12:00 Noon-Light Lunch
Join us for an afternoon of musical memories! Tony Funches is an accomplished singer who was the lead vocalist for Herb Reed’s The Platters, and has been performing for over 25 years. Join us for lunch and an afternoon of music and fun sponsored by Mary Ann Morse Health Care. Only You...
RSVP by June 12th to COA at 508-315-5734

CIRCLE OF FRIENDS LUNCH
Tuesday, June 24th 1:00PM—Grace Church
RSVP BY: June 19th

"Shrubs For Three Seasons of Interest"
Presented by Maureen Dilg
Thursday, June 19 at 10:00 AM—Caryl Blue Room
Light refreshments will be served
A garden can be colorful for more than one season and require little care. The use of flowering shrubs with leaves that are red, yellow or variegated offers a garden of continued interest. But then add in bright and vibrant autumn colors and you have a palette that lasts for three seasons. Maureen will share with you these wonderful shrubs she grows in her Dover garden that are colorful, easy to grow and deer resistant! RSVP BY June 16th

“UP IN SMOKE BBQ” AT THE CARYL
Fundraiser for the COA
Sponsored by the Friends of the COA
The Friends of the Dover COA invite all Dover residents to join us outdoors at the Caryl Community Center for an “Up In Smoke BBQ” at the Caryl on Wednesday, June 11, 2014 from 4:00 p.m. to 7:00 p.m. The cost is $5.00 per person and no cost for children under ten. The local band, the Centre Streeters, will provide entertainment. The band serves up a banquet of bluegrass, folk and country music and love doing it. For reservations, please contact the COA at 508-315-5734 or sign up at the COA office at the Caryl Community Center. Please visit www.coafriends.org to learn how our organization provides services and programs that enhance the wellbeing of Dover seniors or to become a member.

SAVE THE DATES
ANNUAL SUMMER CONCERTS ON THE COMMON
Park & Rec will offer a summer concerts series Tuesday nights beginning in July. Various artists will hold a total of five concerts. The concerts start at 7 pm on the Common; the Town Hall will be used in the event of rain
POWISSET PICNIC
DATE TO BE ANNOUNCED

SHREDDER DAY
Saturday, June 7th 9:00-12:00—Transfer Station
COUNCIL ON AGING BOARD MEETING  
Tuesday, June 3rd, 10:00AM - Caryl, Room 116

PAGETURNERS BOOK CLUB  
Thursday June 12th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment) $30.00)  
Date: July 16th 9:00 – 11:00AM Caryl Rm 116  
Appointments are required and a check payable to Dr. Greg Cormier in the amount of $30 is due at the time of appointment. COA - 508-315-5734  
Future Dates: Sept 24th

SHINE COUNSELOR  
If you need to speak with a SHINE counselor, please contact the COA SHINE can help you with Medicare/Insurance questions.

BLOOD PRESSURE CLINIC - WALPOLE VNA  
Friday, June 20TH 11:30AM Caryl Blue Room NOTE:  
Time change

AFTERNOON TEA - HIGH TEA FIELD TRIP  
Friday June 27th 1:00PM –  
Space limited so you must RSVP by Thurs June 19th to COA 508-315-5734 - Directions provided upon Registration - Cost on your own

SENIOR COFFEE HOUR  
Friday, June 27th 8:00AM - Caryl Blue Room

U.F.O. (UNFINISHED OBJECTS)  
June 2, 16 & 30th  10:00AM-Caryl, COA Rm 116

CRAFTS CLASS  
June 9 & 23rd  10:00AM-Caryl, COA Rm 116  
Come and learn something new! The cost is minimal and there are tasty treats and great conversation.

BOCCE BALL  
Every Friday 10:00AM - Dover Legion  
Please Join us– Lots of Fun

KNITTING -  
Mondays 1:00PM-Caryl Blue Room

If you are a knitter or want to learn how to knit please join us. Bring your knitting, questions & ideas for new projects. Beginners or Experienced welcome. If you don’t have anything particular you are working on, the knitters work on hats for the NICU at Newton Wellesley Hospital and also for cancer Patients going through chemo. Donations of extra yarn always appreciated for these projects.

SHRUBS THAT DEER DO NOT EAT  
Please join Maureen Dilg on June 19, 10 a.m. in the Caryl Blue Room as we discuss the following shrubs (and many others) which deer do not eat in her Dover garden:

- Spirea
- Fothergilla
- Virginia Sweetspire
- Common Ninebark
- Sambucus Racemosa
- Japanese Kerria

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

COA STAFF MEMBERS  
Janet Claypoole, Director  
Carl Sheridan, Outreach Worker  
Sue Sheridan, Administrative Assistant/Editor  
Nancy Simms, Volunteer Coordinator
**FUN & FITNESS**

**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.

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**EXERCISE CLASS**

*Tuesday & Thursday 9:30AM - $3.00*

Upper Town Hall

Come and join our exercise class! Men and women are welcome to attend. Wear comfortable clothing and bring water.

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**ZUMBA GOLD CLASS**

The COA in collaboration with Parks & Recreation are sponsoring a Zumba Gold Class. The Class is held on Fridays from 10:00-10:45AM. Classes held in the Caryl Gym. $3.00/session

Last class June 13th - See you in September

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**CHI GONG - ALL WELCOME…**

Therapeutic Chi Gong combines deep breathing with whole body movements to harmonize mind and body and promote energy flow. Movements are simple and easy to follow but can have a profound effect on physical and mental well being.

*Mondays 5:30PM - Dover Library Community Room*

*Note: Time change!!*

*Wednesdays 11:30AM - Caryl Blue Room.*

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**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 ea way)

**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 (508) 315-5734

NOTE: THESE RATES DO NOT INCLUDE TIPS

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**NOTICE FROM THE DOVER POLICE DEPT.**

The town of Dover is getting inundated with calls to residents from people alleging to be from the IRS. Scores of residents have reported receiving calls wherein the caller says that they are from the IRS and asking for personal information, such as social security numbers, birth dates, etc. The IRS does not make telephone inquiries. Never, ever give your personal information out to anyone on the telephone. Hang up immediately. **This is a scam, pure and simple. Please do not be duped.**
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**Bread/Bagel**

Pick-up at the COA

are the following dates June 5 & 19.

Thank you Blue Moon for donating!

**GC**—Grace Church

**Library CR** = ——Community Room

**Caryl** — Caryl Community Ctr.

**UTH**——Upper Town Hall

**Room 116**——COA office at Caryl Blue Room—At Caryl Community Ctr. Rm 108

**SHREDDER DAY** - **SATURDAY JUNE 7TH 9–12 TRANSFER STATION**
When will Medicare cover skilled care?

Medicare will cover skilled care only if all of the following are true:

You have Medicare Part A* (Hospital Insurance) and have days left in your benefit period available to use.

You have a qualifying hospital stay. This means an inpatient hospital stay of 3 consecutive days or more, starting with the day the hospital admits you as an inpatient, but not including the day you leave the hospital**. You must enter the Skilled Nursing Facility (SNF) within a short period of time (generally 30 days) of leaving the hospital. After you leave the SNF, if you re-enter the same or another SNF within 30 days, you may not need another 3-day qualifying hospital stay to get additional SNF benefits. This is also true if you stop getting skilled care while in the SNF and then start getting skilled care again within 30 days.

NOTE: ** Time you are being observed in a hospital before you are admitted doesn’t count toward the 3-day qualifying inpatient hospital stay.

When leaving the hospital for a rehab/skilled nursing facility make sure you know if you have met the requirements for Medicare to pay for your aftercare. Several people we have known have only been in observation for a few days at a hospital then transferred to a nursing facility and been responsible for all the bills there.

Practice Proper Food Safety This Summer (food.unl.edu)

Whether grilling or having a picnic, be sure to practice proper food safety so the meal doesn't end in food-borne illness. Foodborne illness is caused by bacteria and usually is associated with meat, poultry and dairy products left outside the refrigerator or oven at temperatures where bacteria can grow. Learning how to handle, store and prepare food is key to avoiding illness, especially for parents because children are most susceptible to the disease. "It's very important to keep hot foods hot and cold foods cold. Any time food is between 40 and 140 degrees it is in the danger zone where bacteria are likely to grow and multiply. It also is important to watch out for cross-contamination. It's easy to contaminate ready-to-eat foods, fruits and vegetables that you don't cook with raw meats and their juices. "Be sure to keep these foods separate and to always remember not to put cooked meat on the same plate that was used to transport raw meat because that could contaminate the food. It takes as few as 10 microorganisms of E. coli O157:H7 in one 3-ounce hamburger to cause illness or even death to those with low immune defenses. This is compared to other bacteria which required a concentration of 1,000 to 100,000 microorganisms. To curtail bacterial growth, thaw meat in the refrigerator, not on the counter where it may fall into the temperature danger zone (40-140 degrees F). If meat sits in the danger zone, it may appear fresh, but still be contaminated. It is best to always keep the meat as cold as possible before it is cooked to avoid problems. Meat can be thawed in the microwave, but it should be cooked immediately afterward. Those preparing the food also should wash hands often. For example, after putting meat on the grill, the cook should wash his or her hands before preparing anything else, and juice from the raw meat should not be allowed to touch either the cooked meat or other parts of the meal such as a salad or fresh fruits and vegetables. If you handle meat or poultry, don't wash your hands and then handle the lettuce, it's a potential problem. You still have the microorganisms from the meat or poultry on your hands and now you've contaminated raw produce that's not going to be heat treated. Hands used to prepare food also should not come in contact with anything that may be touched by others such as a towel, doorknob or pets If temperatures are really warm outside, large numbers of bacteria can grow in as little as an hour.
ON THE LIGHT SIDE

ONE LINERS!!
TEXTING CODES FOR SENIORS!!!
NEW KEY CARD SYSTEM FOR THE COA
The COA is now using MY SENIOR CENTER, which is an electronic keycard system for us to track how many individuals use the COA and what programs they attend.

If you do NOT have a card, please stop by the COA office to see a staff member and sign up.
Thank you!

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

SUMMER OFFICE HOURS –
Monday –Thursday 9:00AM – 4:30PM
Fridays 9:00AM-1:00PM
Email: coa@doverma.org
508-315-5734
See the COA Town Website www.doverma.org
Select Council on Aging

IF YOU ARE INTERESTED IN FINDING OUT WHAT THE FRIENDS OF THE COA DO, PLEASE VISIT US ON OUR WEBSITE www.coafriends.org