

BRIGHT HORIZONS

TOWN OF DOVER



JUNE

2014

Email: coeditor@doverma.org

Telephone: 508-315-5734

VOLUNTEER LUNCHEON

Tuesday, June 10th 12Noon– 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 12:00Noon-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

PROGRAMS & SERVICES

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–

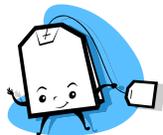
Space limited so you must RSVP by Thurs June 19th to

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

LEARN TO PLAY MAH JONGG –

Please join us for Mah Jongg-any level welcome

1:00PM Thursday afternoons-Caryl Blue Rm.

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 Sweetpire
- 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.



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.

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



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.



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:

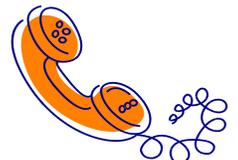
(ONLY MEDICAL RIDES TO BOSTON)

- ◆ \$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

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.



DOVER COA-JUNE 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:30AM- Yoga -Caryl 2nd floor 10AM- UFO -Caryl, Room 116 1:00PM—Knitting - Caryl Blue Room 5:30PM Chi Gong- Library CR</p>	<p>3 9:30AM - Exercise – UTH 10:00AM COA Board Meeting, Rm 116</p>	<p>4 9:30AM- Yoga- Caryl 2nd floor 11:30AM Chi Gong- Caryl Blue Room</p>	<p>5 9:30AM - Exercise – UTH 1:00PM - MahJongg- Caryl Blue Room</p>	<p>6 10:00AM Zumba Gold Caryl Gym 10:00AM-Bocce Dover Legion</p>
<p>9 9:30AM- Yoga -Caryl 2nd floor 10AM- Crafts-Caryl, Room 116 1:00PM—Knitting - Caryl Blue Room 5:30PM Chi Gong- Library CR</p>	<p>10 9:30AM - Exercise – UTH 12:00Noon – Volunteer Luncheon Caryl</p>	<p>11 9:30AM- Yoga- Caryl 2nd floor 11:30AM Chi Gong- Caryl Blue Room 4:00PM BBQ- Caryl (Sponsored by Friends of the COA)</p>	<p>12 9:30AM - Exercise – UTH 1:00PM - MahJongg- Caryl Blue Room 1:00PM -Pageturners Library</p>	<p>13 10:00AM Zumba Gold Caryl Gym 10:00AM-Bocce Dover Legion</p>
<p>16 9:30AM- Yoga -Caryl 2nd floor 10AM- UFO -Caryl, Room 116 1:00PM—Knitting - Caryl Blue Room 5:30PM Chi Gong- Library CR</p>	<p>17 9:30AM - Exercise – UTH 12:00 Noon - Light Lunch -Tony Funches Caryl</p>	<p>18 9:30AM- Yoga- Caryl 2nd floor 11:30AM Chi Gong- Caryl Blue Room</p>	<p>19 9:30AM - Exercise – UTH 10:00AM Gardening Seminar- Caryl Blue Room 1:00PM - MahJongg- Caryl Blue Room</p>	<p>20 10:00AM-Bocce Dover Legion 11:30AM-Blood Pressure-Caryl, Blue Room</p>
<p>23 9:30AM- Yoga -Caryl 2nd floor 10AM- Crafts-Caryl, Room 116 1:00PM—Knitting - Caryl Blue Room 5:30PM Chi Gong- Library CR</p>	<p>24 9:30AM - Exercise – UTH 1:00PM Circle of Friends Lunch-GC</p>	<p>25 9:30AM- Yoga Caryl 2nd floor 11:30AM Chi Gong- Caryl Blue Room</p>	<p>26 9:30AM - Exercise – UTH 1:00PM - MahJongg- Caryl Blue Room</p>	<p>27 8:00AM—Sr. Coffee- Caryl Blue Room 10:00AM-Bocce Dover Legion 1:00PM High Tea Field Trip</p>
<p>30 9:30AM- Yoga -Caryl 2nd floor 10AM- UFO -Caryl Room 116 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR</p>		<p>Bread/Bagel Pick-up at the COA are the following dates June 5 & 19.Thank you Blue Moon for donating!</p>	<p>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</p>	

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!!!

- ATD - At the Doctor's
- BFF - Best Friend's Funeral
- BTW - Bring the Wheelchair
- BYOT - Bring Your Own Teeth [this one is very hilarious]
- CBM - Covered by Medicare
- CUATSC - See You at the Senior Center
- DWI - Driving While Incontinent
- FWBB - Friend with Beta Blockers
- FWIW - Forgot Where I Was
- FYI - Found Your Insulin
- GGPBL - Gotta Go, Pacemaker Battery Low
- GHA - Got Heartburn Again
- IMHO - Is My Hearing-Aid On?
- LMDO - Laughing My Dentures Out
- LOL - Living on Lipitor
- LWO - Lawrence Welk's On
- OMMR - On My Massage Recliner
- ROFL..CGU - Rolling on the Floor Laughing...Can't get Up!
- TOT - Texting on Toilet
- TTYL - Talk to You Louder
- WAITT - Who Am I Talking To?
- WATP - Where are the Prunes
- WWNO - Walker Wheels Need Oil
- Hope these help!
- GGLKI - Gotta Go, Laxative Kicking in!

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!



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

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



Return Service Requested

Council on Aging
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Dover MA 02030

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