

BRIGHT HORIZONS

TOWN OF DOVER



JUNE

2013

Email: coeditor@doverma.org

Telephone: 508-785-0032 x246

THANK YOU VOLUNTEERS

VOLUNTEER LUNCHEON

Tuesday, June 11th -12:00Noon- Grace Church
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 508-785-0032 Ext. 246

CIRCLE OF FRIENDS LUNCHEON

Longevity Gifts of
Abkhazia, Vilcabamba and Hunza
WITH TRICIA SILVERMAN- \$3.00
A LIGHT LUNCHEON SERVED
Tuesday, June 18th 12:00Noon—Caryl

Come join Tricia Silverman, Registered Dietitian, for an engaging and informative presentation. She will discuss the lifestyle and dietary practices of cultures where elders are known for living long lives full of vitality and health. Explore the unique breakfast habits of the Abkhazians and Hunzans. Learn about the natural-foods diet of the Vilcabambans and see how reducing processed foods in your own diet may contribute to longevity and robust health.

(This program is sponsored in part by a Grant from the Dover Cultural Council A member of the Mass Cultural Council)

Tuesday, June 25th -1:00PM-Grace Church
RSVP by June 20th 508-785-0032 Ext. 246

A REMINDER FROM OUR POLICE DEPT.

A NOTE TO OUR READERS

Due to the Publishers schedule, June's Newsletter had to be in early. Therefore we may not have all the information on upcoming events yet. If you have questions, please give us a call. Also, please remember that July & August news is published together so if you have anything you would like in it, please provide it to the editor at coeditor@doverma.org, no later than June 10th. This would include anything that is happening in September as it would be under "Save the Date".

Thank you

It's Spring and the telemarketers and scammers are calling. Always research anyone doing work in your home and remember if it sounds too good to be true, it usually is. If you decide to have any work done, always get an estimate and what they are going to do in writing.

The Atty. General urges donors to be award of scams regarding the Boston Marathon. Our hearts and prayers go out to all the victims of the horrific act in Boston.

UPCOMING TRIPS

TANGLEWOOD TRIP- Sunday, August 4- \$105/Person

Our popular day trip to Tanglewood returns! We will leave Dover Town Garage in the morning, have lunch at the Red Lion Inn in Stockbridge and head to Tanglewood to listen to a concert by cellist Yo Yo Ma and the Boston Symphony Orchestra. The program includes Stravinsky's *Fireworks* and *Rite of Spring* as well as Dvorak's *Cello Concerto*. The cost of the trip will be \$105 per person (transportation, lunch and concert ticket). Call the COA to reserve your spot! Seating is limited.

PEABODY ESSEX MUSEUM-FABERGE' EXHIBIT
Friday, September 20th

(More information and prices TBA)

COUNCIL ON AGING BOARD MEETING
Tuesday, June 4th 10:00AM Fireside Room

PAGETURNERS BOOK CLUB
Thursday June 13th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$30.00)
Date: Wednesday June 26th 9:00 – 11:00AM UTH
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: August 28th & October 23rd.

SHINE COUNSELOR
If you need to speak with a SHINE counselor, please contact the COA .

BLOOD PRESSURE CLINIC - WALPOLE VNA
Friday, June 21st Caryl Blue Room 12:00Noon

“TEAPOT-luck Tea” (Special Time)
Friday, June 21st 11:30AM – Caryl Blue Room
Sandwiches & tea provided. Bring a side dish or dessert.

SENIOR COFFEE HOUR
Friday, June 28th 8:00AM (5th Friday)
Fireside Room

Please come and enjoy coffee and conversation.

U.F.O. (UNFINISHED OBJECTS)
Monday, June 3rd & 17th 10:00AM -
Fireside Room.

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

CRAFTS CLASS
Monday, June 10th & 24th 10:00AM –FS \$2.00
Come and learn something new! The cost is minimal and there are tasty treats and great conversation .

BOCCE BALL– IS BACK!! JOIN US EVERY FRIDAY
Every Friday at 10:00AM –Dover Legion

BRIDGE—DROP-IN BRIDGE
If you are interested in getting together for a bridge game, please give us a call - 508-785-0032 Ext. 246

LEARN TO PLAY MAH JONGG –Give it a try!
Thursdays 1:00PM-Caryl Community Ctr.
NO MAH JONGG THE 27TH

KNITTING -NOW MEETS EVERY MONDAY
Mondays-1:00PM-Caryl Blue Room
Bring your knitting, questions & ideas for new

projects. Beginners or Experienced welcome.



THROUGH THE GARDEN DOOR
SLUGS (ugh)

After years of struggling with slugs chewing on my hosta leaves, I think I have finally found the answer -- buckwheat hulls. I was visiting Kevin Doyle's amazing garden, "Cairn Croft", and noticed that none of his hosta leaves looked "shredded". He spreads buckwheat hulls around his hosta plants. The slugs do not like to slither across it as it will cut their bodies. I have used this slug remedy for the past 8 years and have had no damage due to slugs. In the past, I have used chemicals (which are dangerous to dogs and cats), beer in a shallow plate (much to the distress of my husband) and diatomaceous earth (not very attractive). The buckwheat hulls are considered a mulch which not only holds the moisture my plants require but provides my hosta beds a finished look. A large bag can be purchased at your local garden center. Not inexpensive, but worth every cent if you treasure your hostas.

COA BOARD MEMBERS

Betty Hagan, Chair
Jane Hemstreet
Alice Baranick, Treasurer
Jeanne Gavrilles
Barbara Murphy
Lou Theodos, Vice Chair
Maureen Dilg
Cara Groman
Gilbert Thisse

COA STAFF MEMBERS

Janet, Claypoole, Director
Carl Sheridan, Outreach Worker
Sue Sheridan, Administrative Assistant/Editor
Nancy Simms, Volunteer Coordinator



FUN & FITNESS PLEASE JOIN US....

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.



CHI GONG - ALL

WELCOME...

(New) Mondays 5:30PM Library Community Rm.

Wednesdays 1:00PM- Caryl Community Ctr. Blue Room

Come join us and bring a friend!!

(Donations accepted)



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

MWRTA SHUTTLE BUS TO BOSTON MEDICAL CENTERS

The Metrowest Regional Transit Authority on Tuesdays and Thursdays provides a shuttle bus to the following Boston medical centers: VA West Roxbury, VA Boston, NE Baptist, Beth Israel, Joslin Clinic, Dana Farber, New England Deaconess and Brigham and Women's. The cost of the bus is \$2.00 each way. The Shuttle will stop to pick up registered riders both on in-bound and outbound trips. The shuttle can be boarded at the MWRTA facilities on Route 135 in Framingham (just over the Natick line) or Park & Ride is available at Natick VFW Post 1274, 113 W. Central St. You must be pre-registered in order to use the shuttle. Please call the MWRTA at 508-820-4650 for further information or visit

www.mwrta.com

JUNE 2013—DOVER COA

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:30AM- Yoga Caryl 2nd floor 9:45AM— UFO -FS 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR</p>	<p>4 9:30AM-Exercise UTH 10:00AM - COA Board Meeting –FS</p>	<p>5 9:30AM Yoga-Caryl 2nd floor 1:00PM Chi Gong Caryl—Blue Room</p>	<p>6 9:30AM - Exercise – UTH 1:00PM—Learn Mah- Jongg—Caryl Blue Rm</p>	<p>7 10:00AM –Bocce Dover Legion</p>
<p>10 9:30AM- Yoga Caryl 2nd floor 9:45AM– Crafts -FS 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR</p>	<p>11 9:30AM-Exercise UTH 12:00Noon—Volunteer Luncheon– Grace Church</p>	<p>12 9:30AM Yoga-Caryl 2nd floor 1:00PM Chi Gong Caryl—Blue Room</p>	<p>13 9:30AM - Exercise UTH 1:00PM - Pageturners Book Club- Library 1:00PM-Learn MahJongg-Caryl Blue Rm</p>	<p>14 10:00AM –Bocce Dover Legion</p>
<p>17 9:30AM- Yoga Caryl 2nd floor 9:45AM–Crafts- FS 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR</p>	<p>18 9:30AM-Exercise UTH 12:00Noon - Luncheon- - Tricia Silverman - see front pg.</p>	<p>19 9:30AM Yoga-Caryl 2nd floor 1:00PM Chi Gong Caryl—Blue Room</p>	<p>20 9:30AM - Exercise – UTH 1:00PM—Learn MahJongg -Caryl Blue Rm</p>	<p>21 10:00AM –Bocce Dover Legion 12:00AM-B/P- Caryl Blue Rm. 11:30AM Teapot -luck Tea Caryl Blue Rm</p>
<p>24 9:30AM- Yoga Caryl 2nd floor 9:45AM UFO - FS 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR</p>	<p>25 9:30AM-Exercise Caryl Blue Room 1:00PM Circle of Friends Luncheon-GC STATE & SPECIAL TOWN ELECTION DAY</p>	<p>26 9:30AM Yoga-Caryl 2nd floor 1:00PM Chi Gong Caryl—Blue Room</p>	<p>27 9:30AM - Exercise – UTH NO MAH JONGG</p>	<p>28 10:00AM –Bocce Dover Legion .</p>
			<p>FS=Fireside RmTown Hall Library CRCommunity Room Caryl Caryl Community Ctr. UTH.....Upper Town Hall</p>	

SUMMER HAZARDS

(CARE2.COM)

- 1. Lyme Disease** If you're spending a lot of time in grassy and heavily wooded areas, watch out for ticks. They carry the bacteria that causes Lyme disease and can pass it to humans. Check your body for ticks and their distinctive bites—they look like bull's eyes—regularly, and see a doctor immediately if you see a tick or bite, or if you experience flu-like symptoms. If you are diagnosed with Lyme disease and treat it immediately with antibiotics, you can recover completely. But if you let it go untreated too long, it may become chronic.
- 2. Poison Oak, Poison Ivy, and Sumac** Each of these plants contains urushiol oil, allergic reactions to which are the most common kind in the United States. Be careful of shiny leaves, as this means they probably carry the allergenic resin, during hikes or when you're in your backyard. If you do come into contact, wash with rubbing alcohol or a special poison ivy cleanser like Tecnu to remove the oil and prevent a rash from developing.
- 3. Bug Bites** Bug bites are part and parcel of the whole summer experience, and they're usually nothing to worry about. But they're annoying and can become serious, so you should try to avoid them as much as you can. Wear bug repellent when you plan to spend long periods of time outside, especially around dusk when mosquitoes are most likely to attack. Avoid areas of stagnant water and empty bird-baths if you have them. When you get a bite, try not to scratch, as that can cause the skin to become infected. And if you start to develop flu-like symptoms, visit a doctor, as this may be an indication of West Nile Virus, which is transmitted to humans by mosquitoes.
- 4. Heat and Ocean Rash** Summer may be the itchiest season, and poison ivy isn't the only cause. Being outside in the heat and swimming in the ocean can give you rashes, too. Heat rash—also called prickly heat—occurs when sweat ducts become clogged and sweat gets trapped inside, causing inflammation. Prevent it by wearing loose clothing and avoiding heavy creams or lotions to make sure skin can breathe.
- 5 Food Illnesses** Reports of food-borne illnesses soar during the summer months because temperatures are warmer and transporting picnic dishes allows plenty of time for food to spoil. Food poisoning is usually just uncomfortable, but it can turn deadly, so take precautions against it. Don't leave meat out on the counter to defrost, and if you do go on a picnic, avoid mayonnaise, eggs, milk, and undercooked meat, as these all spoil very quickly in the hot summer sun.
- 6 Dehydration** Your body needs plenty of fluid and certain minerals to keep going, and both are depleted quickly when you sweat a lot. Take a huge bottle of water with you wherever you go and keep sipping. If you start to feel weak, dizzy, nauseous, or crampy, chug a sports drink to replace electrolytes quickly. Any sign of mental confusion along with these symptoms merits a trip to the emergency room.
- 7. Sunburns** Just like bug bites, sunburns are an inherent part of summer. They may not seem like such a big deal when you get them—although a very bad sunburn is among the most uncomfortable things on this planet—but sunburns can do plenty of damage in the long term. They can lead to skin cancer, wrinkles, and scaly skin patches called actinic keratoses. The best prevention is always sunblock, sunblock, sunblock.



Puns for Educated Minds

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was arrested for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. A hole has been found in the nudist camp wall. The police are looking into it.
10. Time flies like an arrow. Fruit flies like a banana.
11. Atheism is a non-prophet organization.
12. Two hats were hanging on a hat rack in the hallway. One hat said to the other, "you stay here; I'll go on a head."
13. I wondered why the baseball kept getting bigger. Then it hit me.
14. A sign on the lawn at a drug rehab centre said: "Keep off the Grass."
15. The midget fortune-teller who escaped from prison was a small medium at large.
16. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
17. A backward poet writes inverse.
18. In a democracy it's your vote that counts. In feudalism it's your count that votes.
19. When cannibals ate a missionary, they got a taste of religion.
20. If you jumped off the bridge in Paris, you'd be in Seine.
21. A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, "I'm sorry, sir, only one carrion allowed per passenger."
22. Two fish swim into a concrete wall. One turns to the other and says, "dam!"
23. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.
24. Two hydrogen atoms meet. One says, "I've lost my electron." The other says, "Are you sure?" The first replies, "Yes, I'm positive."
25. There was the person who sent ten puns to friends with the hope that at least one of the puns would make them laugh -- no pun in ten did.

PLEASE JOIN US ON THE FOLLOWING TRIPS

TANGLEWOOD TRIP- FEATURING CELLIST

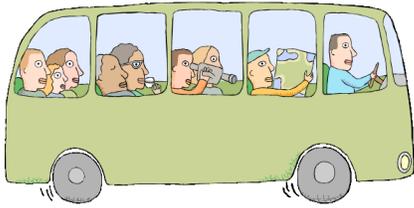
YO-YO MA (See front page for information)

Sunday, August 4th

PEABODY ESSEX MUSEUM-FABERGE' EXHIBIT

Friday, September 20th

(For more information please call the COA)



**OFFICE HOURS -
MONDAY - FRIDAY 9:00AM - 4:30PM**

**EMAIL: COA@DOVERMA.ORG
508-785-0032 Ext. 246**

See the COA Town Website

www.doverma.org

Click on Town Offices

Select Council on Aging

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Council on Aging
Town House Box 250
Dover MA 02030