

BRIGHT HORIZONS

TOWN OF DOVER



Email: coeditor@doverma.org

Telephone: 508-785-0032 x246

MAY 2012

*Spring, spring is coming soon,
Grass is green and flowers bloom,
Birds returning from the south,
Bees are buzzing all about,
Leaves are budding everywhere,*

MAY LUNCHEON—Author Michael Tougias

Tuesday May 8th—12:00 Noon-Place TBA

Author Michael Tougias will share excerpts from his book "The Finest Hours," the true story of the U.S. Coast Guard's daring sea rescue of the crew of two oil tankers that broke in half off the coast of Chatham during a dangerous Nor'easter. **Please RSVP by May 3rd.**

MAY CIRCLE OF FRIENDS LUNCHEON— \$3.00

Tuesday, May 22nd – 1:00PM – RSVP to the COA by May 17th

TOUR OF FENWAY PARK

with Herb Crehan a Baseball Historian

Wednesday May 9th , (Cost \$20.00)

Bus leaves Town Garage at 9:00AM. Tour from 10:30-11:30AM (Lunch on your own) RSVP By May 3rd

BIRD WALK & SLIDE SHOW - With Elissa Landre Sanctuary Director at Broadmoor (Limit 20)

Tues, May 15th , 8:00-10:00AM (rain date May 18th)

Meet at Town Garage at 7:30AM and will carpool to Broadmoor Wildlife Sanctuary. Handicapped accessible. Call COA to sign up by May 10th **(Funded by Friends of the Dover COA)**



NEW!! - WALKING GROUP

Wednesday, May 9th & 23rd

Meet at the Dover Town Hall Parking lot at 9:30AM Amy DiSanto will lead the group; wear comfortable clothing, walking shoes and bring water. Please call the COA to sign up. 508-785-0032 Ext. 246

POWISSET FARM

Powisset Farm Opens Tues June 5th, 1:30—6:00PM

Powisset's Spring Farm Feast is Sat. May 19th 10:00AM

DOVER TOWN MEETING - Monday, May 7th 7:00PM

DOVER TOWN ELECTION - Monday, May 21st

SAVE THE DATES

VOLUNTEER LUNCHEON

Tuesday, June 12th , 12:00 Noon by invitation to honor our volunteers.

A SPECIAL LUNCHEON

Your Feedback is Important Regarding Future Needs of Dover's Seniors

Wednesday, June 6th 12:00Noon—Caryl

Please join us to discuss the ever increasing needs of Dover's seniors. We will be discussing transportation and handicap accessible transportation and a senior center. **RSVP by June 1st. See page 4 for more information.**

(Lunch funded by the Friends of the Dover Council on Aging)

A REMINDER THAT JULY & AUGUST

NEWSLETTERS ARE COMBINED. IF YOU HAVE ANYTHING YOU NEED POSTED FOR THOSE MONTHS, OR SEPTEMBER PLEASE HAVE IT TO THE EDITOR BY JUNE 1ST.

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, May 1st 11:00AM Fireside Room

PAGETURNERS BOOK CLUB

Thursday May 10th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wednesday July 11th 9:00 – 11:00AM

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 Next app. 7/11

SHINE COUNSELOR

If you need to speak with a SHINE counselor, please contact the COA at 508-785-0032 ext 246 to schedule an appointment.

BLOOD PRESSURE CLINIC - WALPOLE VNA

Friday, May 25th Fireside Room 12:00Noon

NOTE SUMMER TIME CHANGE

AFTERNOON TEA - "MAY FLOWERS"

Friday, May 25th 12:30PM – FS Room

(NOTE SUMMER TIME CHANGE)

SENIOR COFFEE HOUR

Friday, May 25th 8:00AM

Fireside Room

Please come and enjoy coffee and conversation. No reservations necessary.

U.F.O. (UNFINISHED OBJECTS)

Monday, May 7th & 21st - Fireside

Room.

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

CRAFTS CLASS

Monday, May 14th & 28th –FS \$2.00

Come and learn something new! The cost is minimal and there are tasty treats and great conversation after the projects are completed.

BOCCE BALL– OUTDOORS—Please Join Us!!

Fridays at 10:30AM—Dover Legion

If you have any questions, please call the COA.

BRIDGE—DROP-IN BRIDGE

*1st & 3rd Wednesday of the Month – 1:00 -3:30PM
Fireside Room*

We will no longer make calls to set up tables so you may want to bring a partner. **Please be on time.**

EXERCISE CLASS -

Tuesday & Thursday 9:30AM \$2.00

Upper Town Hall

Come and join our exercise class! Men and women are welcome to attend. Bring water.

PAINTING WITH LAVONNE (Held at Holliston Senior Ctr.) Classes are \$3.00

Classes are every Thursday at 12:30PM-2:30PM. Call the Dover COA for more information. Transportation available if needed.

(Partially Funded by a grant from Foundation for Metrowest)

KNITTING WITH SANDI

Monday May 7th & 21st -1:00PM-FS Rm

Bring your knitting, questions & ideas for new projects. Beginners or Experienced welcome

THERAPUTIC CHI GONG FOR MAY & JUNE
with Linda Bellifeuille

*Wednesdays from 11:30AM to 12:30PM -- Library
Community Rm.*

Anyone, regardless of age or physical ability, can practice Chi Gong.



FIREPLACE ASH HELP PLANTS GROW
(Submitted by a Dover Resident)

For several years, I have recycled the ash from our fireplace instead of discarding it. When wood burns, the ash left behind contains many minerals such as calcium, potassium and magnesium. Ash is also alkaline, about a third as strong as limestone. Apply small amounts around your vegetable gardens, roses and lilacs. Do not use ash around acid-loving plants such as blueberries and rhododendrons. You can also add ash to your compost pile. I have even spread it on my lawn. Be sure to wear protective clothing when handling ash.

**GENTLE YOGA - CARYL COMMUNITY
CENTER - 2ND FLOOR**

Mondays & Wednesdays 9:30AM – 10:30AM

A \$2.00 donation is suggested

**Gentle postures work the joints and muscles to increase flexibility, strength, balance, and circulation.*

**Postures are combined with restorative yoga and breathing techniques to help reduce stress and increase vitality.*

The Gentle Yoga classes are funded in part by a grant through Bay Path Elder Services using Title III Older Americans Act funds.



MEET OUR BOARD OF DIRECTORS

(Each month we will feature one of our Board Members for you to meet. Our members work extremely hard and are dedicated to serving the needs of Dover's Seniors)

Meet Eleanor Bouldry..

Eleanor was born in West Roxbury and her family moved to Dover when she was in Middle School. After finishing school she met her husband Bill, and they built a home on Walpole Street. They raised three children, 2 girls and a boy. The family spent vacations doing a lot of camping. She now has three granddaughters. When the children were grown she still liked to travel and visited Europe whenever she could. Eleanor belonged to the Springdale Garden Club, edited the LWV newsletter, taught Sunday School and was a member of the school committee. She also finished a college degree during that time.

Eleanor has been on our COA Board for a number of years and volunteered her time where needed. She especially likes to go on trips and has volunteered on our trip committee.



**DOVER SENIOR TRANSPORTION
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 let them know what time and where you are going.
- ◆ Hours of service: 7:00am to 5:00pm Monday through Friday
- ◆ If you have any questions, please call us at (508) 785-0032 ext 246.

NOTE: THESE RATES DO NOT INCLUDE TIPS

COA WISH LIST

1. Baby Yarn for knitting class to make baby items for donations. If you have other knitting items you no longer need you may drop them off at the COA.

2. Seasonal decorations in good Condition

(No X-mas ornaments or lights)

Thank you



TODAY'S LIVING

MAY IS NATIONAL EGG MONTH

(gone-ta-pott.com)

Did you know that more eggs are sold in America during the Easter season – usually in April than at any other time of the year? Then, sales go down, but the hens keep on laying eggs. After Easter, because the supply of eggs is normal but the demand for eggs is less, their price ordinarily goes down. Starting in May and running through the summer, eggs are usually an even better bargain than they are the rest of the year.

Nutritional value

"Eggs add protein to one's diet, as well as various other nutrients."

"Chicken eggs are the most commonly eaten eggs. They supply all essential amino acids for humans, and provide several vitamins and minerals, including vitamin A, riboflavin, folic acid, vitamin B6, vitamin B12, choline, iron, calcium, phosphorus and potassium. They are also an inexpensive single-food source of protein."

"All of the egg's vitamin A, D and E is in the egg yolk. The egg is one of the few foods which naturally contain Vitamin D. A large egg yolk contains approximately 60 Calories (250 kilojoules); the egg white contains about 15 Calories (60 kilojoules). A large yolk contains more than two-thirds of the recommended daily intake of 300 mg of cholesterol (although one study indicates that the human body may not absorb much cholesterol from eggs). The yolk makes up about 33% of the liquid weight of the egg. It contains all of the fat in the egg and slightly less than half of the protein and much of the nutrients. It also contains all of the choline, and one yolk contains approximately half of the recommended daily intake. Choline is an important nutrient for development of the brain, and is said to be important for pregnant and nursing women to ensure healthy fetal brain development."

"Recently, chicken eggs that are especially high in Omega 3 fatty acids have come on the market. These eggs are made by feeding laying hens a diet containing polyunsaturated fats and kelp meal. Nutrition information on the packaging is different for each of the brands."

SENIOR NEEDS LUNCHEON

This Luncheon is on June 6th and we will be discussing Senior Needs.

Please feel free to attend as we would like your Input

The Dover Council on Aging will be holding a luncheon on June 6th (See page 1) to discuss Dover's senior Needs.

Dover's seniors (60 and over) make up 22% of Dover's population. We find that currently we do not have the facilities to accommodate existing services we provide and plan to provide in the future. Such services will allow seniors to maintain their independence while providing a safe, congenial environment where seniors may participate in social, educational and cultural programs reflective of their needs and interests.

Please join us for a discussion on building a senior center that will provide the space in one location for senior activities, meals and an opportunity to socialize with friends and neighbors. We will also discuss the need for a wheel chair accessible van which will pick up seniors at their homes for shopping, medical appointments, COA events and other activities. These are important topics for all our seniors, and we urge you to attend.

You Know You're Over The Hill When...

- You're sitting on a park bench and a Boy Scout comes up and helps you cross your legs.
- Lawn care has become a big highlight of your life.
- You tune into the easy listening station...on purpose.
- You discover that your measurements are now small, medium and large...In that order.
- You keep repeating yourself.
- At the airport, they ask to check your bags...and you're not carrying any luggage.
- Your Insurance Company has started sending you their free calendar...a month at a time.
- Your new easy chair has more options than your car.
- When you do the "Hokey Pokey" you put your left hip out...and it stays out.
- One of the throw pillows on your bed is a hot water bottle.
- Conversations with people your own age often turn into "dueling ailments."
- You keep repeating yourself.
- It takes a couple of tries to get over a speed bump.
- You're on a TV game show and you decide to risk it all and go for the rocker.
- You begin every other sentence with, "Nowadays..."
- You run out of breath walking DOWN a flight of stairs.
- You look both ways before crossing a room.
- Your social security number only has three digits.
- You come to the conclusion that your worst enemy is gravity.
- You go to a Garden Party and you're mainly interested in the garden.
- You find your mouth making promises your body can't keep.
- ♦ The waiter asks how you'd like your steak...and you say "pureed."



Recently I went to the doctor for my annual physical.

The nurse asked me how much I weighed. I told her 135 pounds. Then she weighed me and the scale said 160.

She asked me how tall I was. I said, "5 feet, 5 inches." She measured me and I was only 5 feet, 3 inches.

So she took my blood pressure and told me it was high.

"Of course it's high," I said. "When I came in here I was tall and slender. Now I'm short and fat!"

This older man was talking to his neighbor telling him about the new hearing aid he just got. "It cost a fortune, but it was worth it. It works perfectly."

"Really," said the neighbor. "What kind is it?"

"Ten thirty."

MAY DOVER COA



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 9:30AM-Exercise UTH</p> <p>11:00AM- COA Board Meeting -FS Room</p>	<p>2 1:00PM Drop-in Bridge Fireside Rm</p>	<p>3 9:30AM - Exercise UTH 10:30AM Flower arranging—FS 12:30PM—Painting—Holliston</p>	<p>4 11:00AM-Bocce Legion</p>
<p>7 9:30AM- Gentle Yoga Caryl 2nd floor 10:00 AM - UFO—FS 1:00PM Knitting with Sandi-FS</p>	<p>8 9:30AM-Exercise UTH 12:00noon—May Luncheon—Caryl</p>	<p>9 9:00am Foot Dr. 9:30AM Gentle Yoga—Caryl 2nd floor 9:30AM-Walking Grp Trip to Fenway Park</p>	<p>10 9:30AM - Exercise – UTH 12:30PM—Painting—Holliston 1:00PM Book Club –Library</p>	<p>11 10:30AM-Bocce Legion</p>
<p>14 9:30AM- Gentle Yoga Caryl 2nd floor 10:00AM Crafts– FS</p>	<p>15 9:30AM-Exercise UTH 8:00AM—Broadmoor Bird Walk (see front pg.)</p>	<p>16 9:30AM Gentle Yoga—Caryl 2nd floor 1:00PM Drop-in Bridge Fireside Rm</p>	<p>17 9:30AM - Exercise – UTH 12:30PM Painting—Holliston</p>	<p>18 10:30AM-Bocce Legion</p>
<p>21 9:30AM- Gentle Yoga 10:00AM UFO—FS 1:00PM Knitting with Sandi-FS</p>	<p>22 9:30AM-Exercise UTH 1:00PM Circle of Friends Luncheon—GC</p>	<p>23 9:30AM Gentle Yoga—Caryl 2nd floor 9:30AM-Walking Grp.</p>	<p>24 9:30AM - Exercise – UTH 12:30 Painting – Holliston</p>	<p>25 8:00AM- Sr. Coffee-FS 10:30AM-Bocce Legion 12:00PM- B/P Clinic 12:30PM Afternoon Tea</p>
<p>28 HOLIDAY</p>	<p>29 9:30AM-Exercise UTH</p>	<p>30 9:30AM Gentle Yoga—Caryl 2nd floor</p>	<p>31 9:30AM - Exercise – UTH 12:30 Painting – Holliston</p>	



**THANK YOU TO THE BLUE MOON CAFÉ FOR
BREAD & BAGEL DONATIONS.**

COA BOARD MEMBERS

Betty Hagan	Chair	785-2124
Jane Hemstreet		785-0372
Alice Baranick	Treasurer	785-9829
Eleanor Bouldry		785-0128
Phil McChesney		785-1749
Jeanne Gavrilles		785-1814
Barbara Murphy		785-2895
Lou Theodos	Vice Chair	785-1715
Maureen Dilg		785-2107
Cara Groman		508-328-9660

COA STAFF

Director	Janet Claypoole
Outreach Worker	Carl Sheridan
Adm. Asst/Editor	Sue Sheridan
SHINE Counselor	Call the COA
Medical Equip., John McDonnell	785-1119
Meals On Wheels, Gail Lynch	785-0454
Bay Path Elder Services	508-573-7200

OFFICE HOURS –

MONDAY – FRIDAY 9:00AM – 4:30PM

COA@DOVERMA.ORG

508-785-0032 Ext. 246

TICK ALERT!!

Due to this year’s incredibly mild winter the number of deer ticks that can carry Lyme disease and other tick-borne diseases is likely to be very high and contrary to previous years, **they are active now!**

Perform a daily tick check on your children, yourself and your pets. For more information, go to the Dover website and follow the link to BOH-LDC to Personal Protection

STD Rate U.S. Postage Paid Permit No. 3 Carrier Route Pre Sort

Return Service Requested

Council on Aging
 Town House Box 250
 Dover MA 02030