

BRIGHT HORIZONS

TOWN OF DOVER



NOVEMBER

2012

Email: coeditor@doverma.org

Telephone: 508-785-0032 x246

HAPPY THANKSGIVING



NOVEMBER THANKSGIVING

LUNCHEON (Note: Day change)

Thursday, , Nov. 8th - 12:00 Noon-Kraft Hall \$4.00

Please join us for turkey with all the fixins' and conversation with your neighbors

RSVP BY NOVEMBER 6TH

NOVEMBER CIRCLE OF FRIENDS

LUNCHEON-\$3.00-GC

Tuesday, November 27th 1:00PM Grace Church

RSVP the COA by Nov. 20th

A FREE ONE DAY CARD MAKING CLASS

Monday, November 19th at 10:00AM—FS Room

Do you like to create cards or would you like to learn how? Join Stacy Sack who teaches card making classes throughout the area. All supplies will be provided—Please RSVP by November 14th. Space limited.

ATTENTION VOTERS!!

Election day is Tuesday, November 6th.

THE TOWN HALL WILL OPEN AT 6:00AM

One thing you can do to hasten the process is be familiar with the ballot questions ahead of time. You should have received a red brochure in the mail with the 3 questions. They are quite long so please review them before you vote. You can also visit

www.sec.state.ma.us/election . For more Information.

SAVE THE DATES

DOVER POLICE ASSOCIATION BRUNCH DEC. 1ST

DOVER LEGION LUNCHEON HOLIDAY LUNCH-DEC. 9th

SPIRITUALITY- DECEMBER 18TH - 12:00NOON

CARYL—Rev. Mark McKone Sweet—St. Dunstan's

Episcopal Church

Light Lunch served

THE NEED FOR A SENIOR CENTER IN DOVER

By: The Senior Needs Assessment Subcommittee

With more than 77 million baby boomers turning 65 and living longer and more active lives, at a rate of 10,000 per day for the next 10 years, we are experiencing historic growth in the 65-plus demographics. **Dover is experiencing that same growth with the current senior population of 1,340 seniors increasing to 1,759 by 2016.** As a result, the Dover Council on Aging is studying issues affecting today's seniors: transportation, social services, cultural offerings and health and wellness programs. Are we ready for an aging population? Sadly, the answer is "No". (Continued on pg. 4)

FRIENDS OF THE COA

Membership in the Friends of the Dover COA goes from Jan. 1 to Dec. 31. . Your membership donation is tax deductible and goes directly to support programs and services of the Council on Aging

COUNCIL ON AGING BOARD MEETING

Thursday Nov. 1st 10:00AM Fireside Room

PAGETURNERS BOOK CLUB

Thursday Nov 8th 1:00PM – Dover Library – Young Adult Area

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wednesday Nov. 7th 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. Call- **508 785 0032 Ext. 246 to schedule**
Future Dates: Jan. 9th, 2013

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, Nov. 30th Fireside Room 1:00PM

AFTERNOON TEA - "THE VANISHING TURKEY"

Friday, Nov. 30th 1:30PM – FS Room

SENIOR COFFEE HOUR

Friday, Nov. 30th 8:00AM

Fireside Room

Please come and enjoy coffee and conversation.



U.F.O. (UNFINISHED OBJECTS)

Monday, Nov. 5th - Fireside Room.

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

CRAFTS CLASS

Monday, Nov. 12th & 26th 10:00AM –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.

Will resume in the spring. Thanks for a great season

BRIDGE

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

EXERCISE CLASS - (No Class Nov. 6th)

***Tuesday & Thursday 9:30AM \$3.00
Upper Town Hall***

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

PAINTING WITH LAVONNE (Holliston Senior Ctr.) Thursdays at 12:30PM-2:30PM.

Classes are \$3.00 and held in Holliston. Call the Dover COA for more information.
(Funded by a grant from Foundation of Metrowest)

KNITTING WITH SANDI

Monday Nov. 5th & 19th -1:00PM-FS Rm

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

WALKING GROUP

The walking group will resume in the spring.

CHI GONG

Wednesdays 11:30-12:30 Library Meeting Rm.

(Donations accepted)

Medicare Open Enrollment

ENDS – December 7

Every year, Medicare Part D and Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, and deductibles. It's important to review your options EVERY year to make sure you have the plan that works best for you.

Some Medicare Part D plans & Medicare Advantage plans are ending and some new ones are entering. *If you are a member of a drug plan that is leaving, you need to make certain that you have a new drug plan for January 2013.*

Call the COA to make a SHINE appointment.
508-785-0032 Ext. 246

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.



How to Lock Your Car and Why

(Submitted by a Dover resident)

I locked my car. As I walked away I heard my car door unlock. I went back and locked my car again three times. Each time, as soon as I started to walk away, I would hear it unlock again!! Naturally alarmed, I looked around and there were two guys sitting in a car in the fire lane next to the store. They were obviously watching me., I quickly jumped in my car and sped away. I went straight to the police station, told them what had happened, and found out I was part of a new, and very successful, scheme being used to gain entry into cars. Two weeks later, my friend's son had a similar happening.... While traveling, he stopped at a roadside rest to use the bathroom. When he came out to his car less than 4-5 minutes later, someone had gotten into his car and stolen his cell phone, laptop computer, GPS navigator, briefcase.....you name it He called the police and since there were no signs of his car being broken into, the police told him he had been a victim of the latest robbery tactic -- there is a device that robbers are using now to clone your security code when you lock your doors on your car using your key-chain locking device.. They sit a distance away and watch for their next victim. They know you are going inside of the store, restaurant, or bathroom and that they now have a few minutes to steal and run. The police officer said to manually lock your car door by hitting the lock button inside the car. That way if there is someone watching for their next victim it will not be you and your security code will not go through the airwaves. It's only when you hit it walking away.



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)

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 CARA GROMAN

Cara Groman is a recent addition to the COA Board. She is also on the the "Senior Needs" subcommittee. She moved to Dover 22 years ago with her husband, John and two children. She served on the Dover recycling Committee and is member of th Powissett Garden Club. She enjoys gardening, golf, reading and travel.

THROUGH THE GARDEN DOOR GIRDLING ROOTS

Sometimes as trees grow they send out roots on the surface that circle the base of a tree. These roots need to be cut out using a large pair of pruners. If you do not, the roots will grow larger and the tree trunk will not be able to expand leading eventually to the death of the tree.

TODAYS LIVING

(SENIOR NEEDS ARTICLE CONTINUED FROM PG. 1)

Older Americans are striving to “age in place”, despite physical and economic difficulties in some cases. Leading reasons to remain in their current homes included liking where they currently live, having family and friends nearby and not wanting to deal with the hassle of moving. Most seniors intend to continue living in their current homes over the next 5 to 10 years. Finance plays a role in this decision as seniors cannot afford the cost of moving their belongings and believe they cannot sell their home in the current real estate market. Many baby boomers aged 60 to 64 believe the housing options available to them are unaffordable.

Seniors are not only receiving long-term care – they are providing it, too. Half of older Americans have someone they consider to be a caregiver in their lives and many seniors report they serve as the caregiver. The seniors who do not currently have a caregiver believe it is likely that they will need one in the future.

Many caregivers and seniors are unaware there is a service in their community that they could call to request assistance with everyday needs. **In 2007, 264 Dover residents utilized the services of the Council on Aging. By 2011, the number had increased to 526 residents. These Dover residents consist of seniors and caregivers.**

At this time, Dover does not have the community resources necessary to support our seniors so that they may live an independent lifestyle. The Council on Aging programs are scattered over 7 locations and must now use neighboring towns’ facilities. It is time for our aging population to have a senior center that will provide space in one location for senior education, counseling needs, activities, meals and an opportunity to socialize with our friends and neighbors. **It is time to realize that the person we are talking about is you.**

THANKSGIVING TRIVIA

- **The first Thanksgiving was celebrated by the pilgrims in the fall of 1621 after surviving a year in the New World.**
- **It was held in Plymouth, MA and attended by the local Wampanoag Native American tribe, who had helped the pilgrims cultivate land and make it through the winter.**
- **The feast lasted three days.**
- **The food served at the first Thanksgiving resembled nothing like we serve today. Lobster, rabbit, chicken, leeks, radishes, cabbage, eggs, and goat cheese were among the food presented then.**
- **Until 1863, when President Lincoln officially set aside the last Thursday in November as Thanksgiving, presidents made 'Thanksgiving Proclamations' to declare when it would be held.**
- **To spur the struggling economy in 1939, President Franklin D. Roosevelt made Thanksgiving occur on the third Thursday of November, making the holiday shopping season longer.**
- **It remained that way until 1941, when Congress declared Thanksgiving to be held on the fourth Thursday of November once more.**

TURKEY TRIVIA

- **The bald eagle may be our national bird, but Benjamin Franklin had hoped it would be the turkey. Thomas Jefferson opposed the idea vehemently. It is said that to retaliate, Franklin dubbed male turkeys as “toms,” after Jefferson.**

AND...THE AVERAGE PERSON CONSUMES 4,500 CALORIES ON THANKSGIVING DAY. IS IT TIME FOR PIE YET?

ON THE LITE SIDE

MURPHY'S LAW OF COMPUTING

- When computing, whatever happens, behave as though you meant it to happen.
- When you get to the point where you really understand your computer, it's probably obsolete.
- The first place to look for information is in the section of the manual where you least expect to find it.
- When the going gets tough, upgrade.
- For every action, there is an equal and opposite malfunction.
- He who laughs last probably made a back-up.
- A complex system that does not work is invariably found to have evolved from a simpler system that worked just fine.
- The number one cause of computer problems is computer solutions.
- A computer program will always do what you tell it to do, but rarely what you want to do.

MY INCONCLUSIVE TRAVEL PLANS FOR 2012

- I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.
- I've also never been in Cognito. I hear no one recognizes you there.
- I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.
- I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.
- I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.
- I've been in Flexible, but only when it was very important to stand firm.
- Sometimes I'm in Capable, and I go there more often as I'm getting older.
- One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!
- I may have been in Continent, and I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp there.

NOVEMBER—DOVER COA



Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30AM - Exercise UTH 10:00AM- COA Board Meeting -FS Room 12:30PM-Painting-Holliston	2
5 9:30AM- Yoga Caryl 2nd floor 10:00AM UFO-FS	6 ELECTION DAY NO EXERCISE CLASS	7 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Library (Note: time change)	8 9:30AM - Exercise – UTH 12:00noon- THANKSGIVING Luncheon– Kraft Hall 12:30PM-Painting-Holliston	9
HOLIDAY— VERERANS DAY	13 9:30AM-Exercise UTH	14 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Library Mt. Rm.	15 9:30AM - Exercise – UTH 12:30PM Painting-Holliston	16
19 9:30AM- Yoga Caryl 2nd floor 10:00AM-FREE CARD MAKING CLASS—FS	20 9:30AM-Exercise UTH	21 9:30AM Yoga—Caryl 2nd floor 11:30AM Chi Gong Library Mt. Rm.	22 HAPPY THANKSGIVING	22
26 9:30AM- Yoga Caryl 2nd floor 10:00AM UFO— FS 1:00PM—Knitting with Sandi-FS	27 9:30AM-Exercise UTH 1:00PM -Circle of Friends Luncheon-Grace Church	28 9:30AM Yoga—Caryl 2nd floor 11:30AM Chi Gong Library Mt. Rm.	29 9:30AM - Exercise – UTH 12:30PM-Painting-Holliston	30 8:00AM- Sr. Coffee -FS 1:00PM-B/P-FS 1:30 Afternoon Tea -FS

COA BOARD MEMBERS

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

COA STAFF

Director	Janet Claypoole
Outreach Worker	Carl Sheridan
Adm. Asst/Editor	Sue Sheridan
Volunteer Coordinator	Nancy Simms
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

HAPPY THANKSGIVING



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