

BRIGHT HORIZONS

TOWN OF DOVER



SEPTEMBER

2012

Email: coeditor@doverma.org

Telephone: 508-785-0032 x246

SEPTEMBER LUNCHEON

"DOVER DAYS GONE BY"

Tuesday September 11th - 12:00 Noon-Caryl \$4.00
Pam Kunkemueller will present the revised final edition of Dick Vara's book "Dover Days Gone By"
(Co-sponsored by The Dover Historical Society)

SEPTEMBER CIRCLE OF FRIENDS

LUNCHEON-\$3.00-GC

Tuesday, Sept., 25th 1:00PM - Grace Church
RSVP to the COA by Sept. 20th

TRIP TO ANSEL ADAMS EXHIBIT AT PEABODY/ESSEX MUSEUM

-Friday, September 28th;
Cost is \$55 which covers admission, transportation, lunch and a docent tour of the Ansel Adams (photography) exhibit. There will be adequate time to do some exploring of other exhibits before we head back to Dover. We will leave Dover Town Garage at 9:15 and will return late afternoon (3:30-4 pm).
Please call at 508 785 0032 ext246 if you would like to join the travel group.

LIFETIME LEARNING CLASSES BEGIN IN SEPTEMBER

You can read all the information on Page 4 of the Newsletter. There is also a form to use if you wish to sign up.

BE SURE TO VISIT THE FRIENDS' OF THE COA BOOTH AT DOVER DAYS FAIR SEPT. 8TH.

They will have honey baked ham certificates on sale and 50% of the proceeds go to the Council on Aging.

POWISSET FARM FALL FEST- CELEBRATING THE HARVEST SEASON

Sunday Sept. 30th 1:30-6:30PM

COA NEWSLETTER

If you wish to receive your newsletter via email you may do so by going to the Town of Dover website. See details on back page

If you have any questions, contact the coeditor@doverma.org,

The event is free and open to the public. They will have vendors, live music, kids activities, farm tours, and more. Please Join them!!

SEPTEMBER TRIPS WITH HOLLISTON

Bourne Scallop Festival and Cape Cod Canal Cruise
Friday Sept 21st; Cost \$61 & The Big E (Eastern States Exposition Tuesday, September 25th. Cost \$51.00
For more information call Ginger at Holliston COA 508-429-0622 to sign up.

SAVE THE DATES

MASS HYSTERIA

Wednesday, October 10th at The Sherborn Inn

11:30AM-2PM Cost \$25 includes lunch

MASS HYSTERIA is a musical, satirical cabaret that pokes fun at the local goings-on, personalities and politics of Massachusetts. Come join our friends from the Sherborn COA for a fun look at what makes the Bay State tick!
RSVP to Dover COA by October 5.

LOOK FOR SPIRITUALITY COMING THIS FALL/WINTER

BEWARE OF INSURANCE SCAMS

Since the new health care law was passed there are multiple scams aimed at seniors. If you receive any correspondence via mail, email, phone, etc. be sure not to give out any info, money, or other information until you have checked personally with your insurance company, or SHINE Counselor

PRIMARY ELECTION

THURSDAY September 6th is the State elections- NOTE: this is on a Thursday

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, Sept. 4th 10:00AM Fireside Room

PAGETURNERS BOOK CLUB

Thursday Sept. 13th 1:00PM – Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wednesday Sept. 5th 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**

Future Dates: November 7th

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, Sept. 21st Fireside Room 1:00PM

AFTERNOON TEA - WELCOME BACK TEA

Friday, Sept. 21st 1:30PM – FS Room

SENIOR COFFEE HOUR

Friday, September 28th 8:00AM

Fireside Room

Please come and enjoy coffee and conversation.



U.F.O. (UNFINISHED OBJECTS)

Monday, Sept. 17th 10:AM - Fireside Room.

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

CRAFTS CLASS

Monday, Sept. 10th & 24th 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—Please Join Us!!

Fridays at 9:30AM—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 Fire-side Room

EXERCISE CLASS -

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 Sept. 10th & 24th -1:00PM-FS Rm

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

WALKING GROUP

2nd & 4th Wed. of the month. Meet at the Dover Town Hall Fireside Rm. at 9:30AM (We need at least 5 people to sign up-Call the COA if you are interested or drop by to sign up.)

CHI GONG

Wednesdays 11:30-12:30 -Library Community Rm. (Except: Wednesday Sept. 12th 1:00-2:00PM

(Donations accepted)

Medicare Open Enrollment

October 15 – December 7

If you have Medicare, sometime during the month of September you will be receiving important information from your Prescription Drug Plan, your Medicare Health Plan, and/or Prescription Advantage (if you are a member). You need to read these letters and understand the information they contain.

DO NOT IGNORE ANY LETTERS FROM YOUR PLANS!

SAVE ALL LETTERS FROM YOUR PLANS!

During the annual Medicare Open Enrollment you will have a chance to CHANGE your coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan. Make your SHINE appointment early. Call the COA to make an appointment.

508-785-0032 Ext. 246

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YOGA FOR WELLNESS - (For All Ages)

CARYL COMMUNITY CENTER - 2ND FLOOR

Mondays & Wednesdays 9:30AM – 10:30AM

60+ - \$3.00 Under 60 - \$5.00

Classes are open to both men and women of all ages and modified for all levels of experience. Postures build strength, improve flexibility and improve balance. Focus is on proper alignment and utilizing traditional yoga poses and breathing techniques to reduce life's stresses on body, mind, and spirit.



STROKE IDENTIFICATION:

It only takes minute to read this.

A neurologist says that if he can get to a stroke victim within 3 hours he can reverse the effects of a stroke. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Remember the '3' steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to **SMILE.**

T *Ask the person to **TALK and SPEAK A SIMPLE SENTENCE (Coherently)**

R *Ask him or her to **RAISE BOTH ARMS.**

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke -----

Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

THROUGH THE GARDEN DOOR

White clover growing in your lawn is a gardener's best friend. It not only provides nitrogen to keep your grass green, but it draws beneficial insects and pollinators to your yard. Rabbits love it so much that they stop to eat it and never get as far as your perennial beds!

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 hour notice for Boston)
- ♦ 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

MEET OUR BOARD OF DIRECTORS

(Our members work extremely hard and are dedicated to serving the needs of Dover's Seniors)

MEET MAUREEN DILG

Maureen and her husband, Giles, have lived in Dover for 25 years. She has been working as a freelance secretary for nearly 30 years. An avid gardener, she has offered to write the "Through the Garden Door" article for this newsletter. Having been a family care giver for part of her adult life, she understands the needs of seniors. This is why she feels so strongly that Dover seniors need a wheelchair accessible van. As a COA Board member, she intends to be a strong advocate for their needs.

"The woods are lovely, dark and deep,

But I have promises to keep,

And miles to go before I sleep,

And miles to go before I sleep."

The COA Board of Directors and Staff would like to acknowledge the passing of Board Member, Phil McChesney. Phil was extremely dedicated to the Council and the seniors of Dover. He was an active member of the Board as well as the COA bridge group. He will be missed.

REGISTER FOR DOVER'S LIFETIME LEARNING COURSES

All courses are held at Dover Library Community Rm., cost \$30 per course –not class

Living a Life That Matters - Ethics & Philosophy

Maud Chaplin received her Professor of Philosophy Emerita from Wellesley College where she taught for 44 years. She has an undergraduate degree from Wellesley College and her MA and PhD from Brandeis University.

When: Thursdays 10:30 to 12:00 on September 27, October 11 and 25 and November 8.

The Novels of Jane Austen: "Chick-lit" or Classics?

Professor Margaret Paul Joseph has a Masters in Library Science and a Doctorate in English Literature from Temple University. Margaret has 25 years experience teaching literature and has published three books.

When: Mondays: 10:00 to 11:00 on October 1, 15, 22, 29, November 5 and 19. No classes will be held on October 8 or November 12.

Painting and Sculpture in 15th and 16th Century Florence, Italy

Lili Mugnier is a graduate of Bowdoin College with a Masters in Art History from Boston University. Having taught at several Massachusetts institutions including Harvard University, she also has experience in New York Galleries and Auction Houses, and is currently working at the Museum of Fine Arts, Boston. She has lived in Italy.

When: Wednesdays 1:00 to 2:30 on October 3, 10, 17 and 24.

JUST CUT THE REGISTRATION FORM BELOW AND MAIL WITH YOUR CHECK PAYABLE TO THE FRIENDS OF THE COA, PO BOX 250, DOVER, MA 02030

(FOR MORE INFORMATION, PLEASE CALL THE COA, 508-785-0032 EXT. 246

REGISTRATION FORM

NAME _____ EMAIL _____

ADDRESS _____ CITY _____ ZIP _____

PHONE _____

PLEASE CHECK THE SELECTIONS YOU WANT AND MAIL ALONG WITH A CHECK PAYABLE TO THE FRIENDS OF THE COA, PO BOX 250, DOVER, MA 02030

A LIFE THAT MATTERS \$30.00

JANE AUSTEN \$30.00

PAINTING & SCULPTURE \$30.00

TOTAL ENCLOSED _____

If you have ideas for future classes , please let us know _____

Observations on Growing Older

- Your kids are becoming you...and you don't like them ...but your grandchildren are perfect!
- Going out is good. Coming home is better!
- When people say you look "Great"... they add "for your age!"
- When you needed the discount you paid full price. Now you get discounts on everything movies, hotels, flights, but you're too tired to use them.
- You forget names ... but it's OK because other people forgot they even knew you!!!
- The 5 pounds you wanted to lose is now 15 and you have a better chance of losing your keys than the 15 pounds.
- You realize you're never going to be really good at anything especially golf.
- The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.
- Your husband sleeps better on a lounge chair with the TV blaring than he does in bed. It's called his "pre-sleep".
- Remember when your mother said "Wear clean underwear in case you GET in an accident"? Now you bring clean underwear in case you HAVE an accident!
- You used to say, "I hope my kids GET married ... Now, "I hope they STAY married!"
- You miss the days when everything worked with just an "ON" and "OFF" switch..
- When GOOGLE, ipod, email, modem were unheard of, and a mouse was something that made you climb on a table.
- You use more 4 letter words "what?"..."when?" ???
- Now that you can afford expensive jewelry, it's not safe to wear it anywhere.
- Your husband has a night out with the guys but he's home by 9:00 P.M. ...next week it will be 8:30 P.M.
- You read 100 pages into a book before you realize you've read it.

FUNNY INSURANCE CLAIMS

- ◆ "I was driving along the motorway when the police pulled me over onto the hard shoulder. Unfortunately I was in the middle lane and there was another car in the way.."
- ◆ "Going to work at 7am this morning I drove out of my drive straight into a bus. The bus was 5 minutes early.."
- ◆ "The accident happened because I had one eye on the lorry in front, one eye on the pedestrian and the other on the car behind."
- ◆ "I started to slow down but the traffic was more stationary than I thought."
- ◆ "I pulled into a lay-by with smoke coming from under the hood. I realized the car was on fire so took my dog and smothered it with a blanket."
- ◆ "I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment."
- ◆ "The other car collided with mine without giving warning of its intention."
- ◆ "I collided with a stationary truck coming the other way"
- ◆ "A truck backed through my windshield into my wife's face"
- ◆ "A pedestrian hit me and went under my car"

SEPTEMBER DOVER COA 2012



Monday	Tuesday	Wednesday	Thursday	Friday
3 HOLIDAY	4 9:30AM-Exercise UTH 11:00AM- COA Board Meeting -FS Room	5 1:00PM Drop-in Bridge Fireside Rm 11:30AM Chi Gong Library Comm. Rm	6 9:30AM - Exercise Caryl (Note change) 12:30PM-Painting-Holliston ELECTION DAY	7 9:30AM—Bocce-Legion
10 9:30AM– Yoga Caryl 2nd floor 10:00AM Crafts—FS 1:00PM—Knitting with Sandi—FS	11 9:30AM-Exercise UTH 12:00noon—September Luncheon - Caryl	12 9:30AM Yoga-Caryl 2nd floor 1:00 –2:00PM Chi Gong Library (Note: time change)	13 9:30AM - Exercise – UTH 12:30PM-Painting-Holliston	14 9:30AM -Bocce-Legion
17 9:30AM- Yoga Caryl 2nd floor 10:00AM UFO— FS	18 9:30AM-Exercise UTH	19 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Library 1:00PM Drop-in Bridge Fireside Rm	20 9:30AM - Exercise – UTH 12:30PM Painting-Holliston	21 9:30AM- Bocce-Legion 1:00PM– Blood Pressure-FS 1:30 Afternoon Tea-FS
24 9:30AM- Yoga 10:00AM Crafts—FS 1:00PM—Knitting with Sandi—FS	25 9:30AM-Exercise UTH 1:00PM Circle of Friends Luncheon— Grace Church	26 9:30AM Yoga—Caryl 2nd floor 11:30AM Chi Gong Library	27 9:30AM - Exercise – UTH 12:30 Painting – Holliston	28 8:00AM- Sr. Coffee-FS 9:00AM-PEM Trip 9:30AM-Bocce - Legion

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

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

COA NEWSLETTER

If you wish to receive your newsletter via email you may do so by going to the Town of Dover website. On the home page to the right under quick links click on COA newsletter . Enter your email and click join. It will then prompt you to enter email again and check COA box. Also fill in you name and address if you no longer wish to receive a mailed copy. When finished click join again.

*If you have any questions, contact the
coeditor@doverma.org.*

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Council on Aging
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