

# BRIGHT HORIZONS

TOWN OF DOVER



**FEBRUARY**

**2013**

Email: [coeditor@doverma.org](mailto:coeditor@doverma.org)

Telephone: 508-785-0032 x246

**IF SCHOOL IS CANCELLED THERE ARE NO COA ACTIVITIES.**

**FEBRUARY LUNCHEON –BINGO**

**(Bring an unwanted gift!!!!) \$4.00**

**Tuesday, Feb. 12th - 12:00Noon– Caryl**

**Come join us for a Valentines Game of Bingo.**

**RSVP by Feb. 7th—508-785-0032 Ext. 246**

**NEW!!! JEWELRY MAKING WORKSHOP**

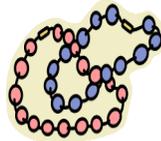
**Tuesday, February 19th at 10:30 A.M. – Caryl**

**Community Ctr. (no cost)**

Please join us as we create a pearl necklace on an elastic string. Each necklace will have a unique center piece. All supplies provided.

**Class size is limited to 10.**

**RSVP by Feb. 11th to the COA**



**CIRCLE OF FRIENDS**

**LUNCHEON**

**Tuesday, February 26th - 1:00PM-Grace Church**

**RSVP by Feb. 21st 508-785-0032 Ext. 246**



**SAVE THE DATES -March 19th**

MARCH SPIRITUALITY  
REV. EMILIA HALSTEAD—DOVER CHURCH

**Labyrinth Exploration --**

Looking at the history and practice of this meditation tool. Please join us as Rev. Halstead shares a brief history of the labyrinth and its uses. We will end by practicing together with a finger labyrinth. You are then cordially invited to come to The Dover Church to walk the 40ft. indoor labyrinth in Kraft Hall. Dates to be announced.

**SAVE THE DATE**  
**MARCH ST. PATRICK'S LUNCHEON**  
**CORNED BEEF & ALL THE FIXINS**  
**(Tuesday, March 12th- 12:00 Noon-Caryl)**

**DOVER LIFETIME LEARNING**

**The Russians Are Coming!**

**The Russians Are Coming!**

Dover Lifetime Learning is planning a Spring 2013 series of classes, following up on the overwhelming success of the Fall program. New this Spring, a history class: "A Panoply of Russian History: From Its Inception To The Present." This class will meet on Tuesday mornings in April. Returning this Spring, Maud Chaplin will facilitate the continued study of philosophy and ethics. Lili Mugnier will be sharing her vast knowledge of Italian Art History, and a yet-to-be-announced fourth class will be added to meet demand for more subjects. Most classes will meet during the day, once per week for four weeks, beginning in April. (note: Maud Chaplin's class meets every other week) Stay tuned for more information on schedules and sign up information!

**MARCH 1st 2013 IS DEADLINE FOR SOCIAL SECURITY TO GO TO DIRECT DEPOSIT**

*If you apply for Social Security or are already receiving Social Security, you must switch to electronic payments by March 1, 2013. If you don't, the US Dept. of the Treasury may send your benefits via the Direct Express card program to avoid an interruption in payment. If you have questions please call Social Security at 800-772-1213.*

## PROGRAMS & SERVICES

### **COUNCIL ON AGING BOARD MEETING**

**Tuesday, Feb. 5th 10:00AM Fireside Room**

### **PAGETURNERS BOOK CLUB**

**Thursday, Feb 14th 1:00PM – Dover Library**

### **FOOT DOCTOR CLINIC (By Appointment - \$30.00)**

**Date: Wednesday ,March 6th 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:** April 24th 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, Feb. 22nd Caryl Blue Room 1:00PM**

### **AFTERNOON TEA - "HAPPY BIRTHDAY GEORGE"**

**Friday, Feb. 22nd 1:30PM – Caryl -Blue Room**

### **SENIOR COFFEE HOUR**

**Friday, Feb. 22nd 8:00AM**

**Fireside Room**

Please come and enjoy coffee and conversation.

### **U.F.O. (UNFINISHED OBJECTS)**

**Monday, Feb. 4th 10:00AM - Fireside Room.**

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

### **CRAFTS CLASS**

**Monday, Feb. 11 & 25th 10:00AM –FS \$2.00**

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

### **BOCCE BALL– OUTDOORS**

**Bocce will resume in the spring.**

### **BRIDGE—DROP-IN BRIDGE**

**1st & 3<sup>rd</sup> Wednesday of the Month – 1:00 -3:30PM Fireside 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 Feb. 4th & 25<sup>th</sup> 1:00PM-Caryl-Blue Room**

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

### **CHI GONG**

**Wednesdays 11:30-12:30 Caryl Community Ctr.**

**Blue Room**

(Donations accepted)

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## **THE MASSACHUSETTS HOME LOAN MODIFICATION PROGRAM**

Massachusetts has a program available that specializes in home improvements that help individuals age in place or manage a physical disability. Some of the home improvements are modifications such as ramping, shower or bath accommodations, wider doorways and counter adjustments. The Massachusetts Home Loan Modifications Program is available to seniors and people with physical disabilities to help them finance home modifications. The program is specifically for safety and accessibility modifications. The program provides low- and no-interest loans of up to \$30,000. The loans are secured against the property and are repaid when ownership of the property passes to another individual. The income threshold is high and there is also a disabled veteran program available. For further information go to [www.mass.gov/eohhs/consumer/disability-services/housing-disability/home-mod-loan/index](http://www.mass.gov/eohhs/consumer/disability-services/housing-disability/home-mod-loan/index).



For information on fuel assistance eligibility qualification, please contact Erika Lert, Energy Coordinator at 508-654-7778.

## 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 .



## **DOVER COUNCIL ON AGING PROGRAM SPACE NEEDS**

By: The Senior Needs Assessment Committee

The COA is finding it difficult to expand its program offerings due to a lack of adequate space. Both the Dover Church and Grace Church have offered us the use of their halls for our luncheons. In the Caryl Community Center we use the COA's Blue Room as well as the former upstairs library for yoga. We have the use of the Great Room in the Town Hall but must share the use of the COA's Fireside room with town employees for their use as a lunchroom between Noon and 2:00 p.m. We are fortunate to have the use of the Library's Community Room for our Lifetime Learning Classes. Seniors need their programs in one location that has contiguous and flexible space. The Dover Council on Aging is strongly advocating for a standalone Senior Center to be built in Dover.

Our senior population in town is growing and is estimated to be 1,433 in 2013. We have approximately 200 seniors over the age of 80 and close to 750 under the age of 70. Time goes by fast as you age. The senior who is 65 quickly turns 70. In a blink, the senior who is 80 becomes 85. Can our seniors wait another 5, 10, 15 years for a senior center? If you are a senior, would you wait?

## **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

## **GARDEN TIP CORNER**

### **GOLDEN JAPANESE FOREST GRASS**

As you can probably tell by now, I have several shade gardens. Many of these gardens include ornamental grasses. They are long-lived and low-maintenance perennials that have varied colors and textures. One of my favorites is Hakonechola macra "Aureola". This grass thrives in shade and spreads. It is a mounding grass growing no taller than 18". The leaves grow long and tapering, are gold in color and wave in the slightest breeze. In the winter, the leaves turn a bright bronze which lights up my winter garden. The only care this plant requires is to be cut to the ground in March.

### **DOVER LIBRARY—BOOKS BY MAIL**

*A free service provided by the Dover Library for residents of all ages who are confined to home for short or long-term medical reasons and hold a valid library card in good standing. You can call the Library for more information and an application. 508-785-8113.*

# FEBRUARY 2013—DOVER COA

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<b>4</b> <b>9:30AM- Yoga</b> <b>Caryl 2nd floor</b>  <b>10:00AM UFO-FS</b>  <b>1:00PM—Knitting with</b> <b>Sandi-Caryl Blue Rm</b>	<b>5</b>  <b>10:00AM- COA Board</b> <b>Meeting -FS Room</b>	<b>6</b> <b>9:30AM Yoga-Caryl</b> <b>2nd floor</b>  <b>11:30AM Chi Gong</b> <b>Caryl-Blue Room</b>	<b>7</b> <b>9:30AM - Exercise</b> <b>UTH</b>  <b>12:30PM-Painting-</b> <b>Holliston</b>	8
<b>11</b>  <b>9:30AM- Yoga</b> <b>Caryl 2nd floor</b>  <b>10:00AM CRAFTS FS</b>	<b>12</b> <b>9:30AM-Exercise UTH</b>  <b>12:00Noon -Luncheon</b> <b>Bingo—Caryl Blue Rm.</b>	<b>13</b> <b>9:30AM Yoga-Caryl</b> <b>2nd floor</b> <b>11:30AM Chi Gong</b> <b>Caryl - Blue Room</b>	<b>14</b> <b>9:30AM - Exercise –</b> <b>UTH</b>  <b>12:30PM-Painting-</b> <b>Holliston</b>  <b>1:00PM - Pageturners</b> <b>Book Club—Library</b>	15
<b>18</b>  <b>HOLIDAY</b>	<b>19</b> <b>9:30AM-Exercise UTH</b>  <b>10:30AM Jewelry</b> <b>Making– Caryl Blue</b> <b>Rm.</b>	<b>20</b> <b>9:30AM Yoga-Caryl</b> <b>2nd floor</b>  <b>11:30AM Chi Gong</b> <b>Caryl—Blue Room</b>	<b>21</b> <b>9:30AM - Exercise –</b> <b>UTH</b> <b>12:30PM Painting-</b> <b>Holliston</b>	<b>22</b> <b>8:00AM- Sr. Coffee</b> <b>-FS</b>  <b>1:00PM-B/P-Caryl</b> <b>Blue Rm.</b>  <b>1:30 Afternoon Tea</b> <b>Caryl Blue Rm.</b>
<b>25</b> <b>9:30AM- Yoga</b> <b>Caryl 2nd floor</b>  <b>10:00AM CRAFTS</b>  <b>1:00PM—Knitting with</b> <b>Sandi-Caryl Blue Rm</b>	<b>26</b> <b>9:30AM-Exercise UTH</b>  <b>1:00PM Circle of</b> <b>Friends Luncheon-</b> <b>Grace Church</b>	<b>27</b>  <b>9:30AM Yoga-Caryl</b> <b>2nd floor</b>  <b>11:30AM Chi Gong</b> <b>Caryl—Blue Room</b>	<b>28</b> <b>9:30AM - Exercise –</b> <b>UTH</b>  <b>12:30PM Painting-</b> <b>Holliston</b>	



## TODAYS IVING

### ST VALENTINE'S DAY

(Stvalentine.net)

St Valentine's Day was supposedly started in the time of the Roman Empire. In Ancient Rome, the date of February 14 was a holiday to honor the Queen of Roman Goddesses and Gods, Juno. Juno was known as the Goddess of women and marriage. The next day February 15 was the first day of the Festival known as the Feast of Lupercia.

On February 14 it was said that the young boys and girls of the villages would write down the names of every girl and place these names in a jar of which each young man would have to draw a name of a girl and this particular maiden would be their partner for the duration of the festival. Sometimes these pairings would last a year and end up in marriage.

These rituals under the laws of Claudius were banned as the Emperor believed that the reasons why men would not go to war were because they did not want to leave their lovers or families. As a result all marriages and engagements were canceled as a result Saint Valentine, a Roman priest, was said to have married these couples in secret and for this he was executed on the 14th day of February.

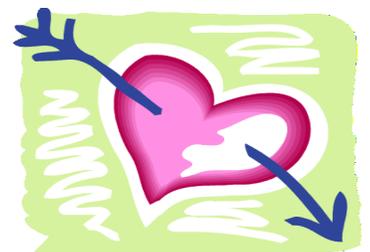
While St Valentine was in jail it is said that he fell in love with the jailer's blind daughter. By a miracle, or some say by the prayers of Valentine she gained her sight and as a last farewell in a note he wrote "From Your Valentine".

Another story as to the origins of St. Valentine's Day was that he was a priest who was also a physician and would cure the sick. He was also said to have tried to cure the jailer's blind daughter, but, was arrested and on the day of his execution he wrote a note as a final farewell saying "From your Valentine" which some say is what caused her to gain her sight.

It is also said whilst he was in jail awaiting execution that he was sent little notes and flowers from the children whom he had helped when they were sick. This also may have been one of the reasons why he sent a farewell note to the jailer's daughter and why we send valentines.

St Valentine's Day is celebrated on February 14 of each year; the reason why it is celebrated on this day is because this was the day that the Patron Saint of Lovers, "St Valentine", was supposedly executed on. On this day lovers all around the world mark this occasion as a day for sending poems, cards, flowers or candy, etc. There might also be a social gathering or ball to mark the occasion.

Another interesting origin is that St Valentine was the patron Saint of Epilepsy and that he was supposedly a sufferer and took a keen interest in those who suffered from this affliction and also that those who suffered this disease were suffering from Valentine's sickness.



**ON THE LITE SIDE**

**EVER WONDER WHAT ALL THOSE ADVERTISING TERMS MEAN?????**

- **NEW** - Different color from previous design.
- **ALL NEW** - Parts are not interchangeable with previous design.
- **EXCLUSIVE** - Imported product.
- **UNMATCHED** - Almost as good as the competition.
- **FOOLPROOF OPERATION** - No provision for adjustments.
- **ADVANCED DESIGN** - The advertising agency doesn't understand it.
- **IT'S HERE AT LAST** - Rush job. Nobody knew it was coming.
- **FIELD TESTED** - Manufacturer lacks test equipment.
- **HIGH ACCURACY** - Unit on which all parts fit.
- **FUTURISTIC** - No other reason why it looks the way it does.
- **REDESIGNED** - Previous flaws fixed - we hope.
- **DIRECT SALES ONLY** - Factory had a big argument with distributor.
- **YEARS OF DEVELOPMENT** - We finally got one to work.
- **BREAKTHROUGH** - We finally figured out a use for it.
- **MAINTENANCE FREE** - Impossible to fix.
- **MEETS ALL STANDARDS** - Ours, not yours.
- **SOLID-STATE** - Heavy as hell.
- **HIGH RELIABILITY** - We made it work long enough to ship it.
- "A number of different approaches are being tried."  
(We are still grasping at straws.)
- "Customer satisfaction upon delivery is assured."  
(We are so far behind schedule the customer should be happy just to get it delivered.)
- "Test results were extremely gratifying."  
(We were so surprised that the stupid thing worked.)
- "The entire concept will have to be abandoned."  
(The only person who understood the thing, quit.)
- "We'll look into it."  
(Forget it! We have enough problems for now.)
- "Please read and initial."  
(Let's spread the responsibility around for the mistakes.)
- "Rugged."  
(Too heavy to lift!)
- "Lightweight."  
(Lighter than rugged.)
- "Energy saving."  
(When the power switch is off.)

**COA BOARD MEMBERS**

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

**COA BOARD MEMBERS**

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**



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

Council on Aging  
 Town House Box 250  
 Dover MA 02030  
 Return Service Requested