

BRIGHT HORIZONS

TOWN OF DOVER



OCTOBER

2012

Email: coeditor@doverma.org

Telephone: 508-785-0032 x246

OCTOBER LUNCHEON

Tuesday October 9th - 12:00 Noon—Caryl \$4.00

Come join us for lunch and a speaker to be announced

Please RSVP by October 4th

OCTOBER CIRCLE OF FRIENDS

LUNCHEON-\$3.00

Tuesday, October 23rd 1:00PM Grace Church

RSVP to the COA by October 18th



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.

SPIRITUALITY SERIES-

Rev. Max Olmstead-Dover Church

Light Lunch Served

Tuesday, October 16th-12:00Noon-Caryl

TRIAD YELLOW DOT PROGRAM

LIGHT LUNCH SERVED

Thursday, October 25th 12:00Noon—Caryl

Program presented by Joe Canavan of the Norfolk County Sheriff's Office & TRIAD

(Read about the Yellow Dot Program on Page 3)

FUNDRAISER!!!!

SECOND ANNUAL JAZZ BRUNCH

BY THE FRIENDS OF THE COA

TICKETS \$30.00/EACH

The Friends of the Dover COA will be presenting the Second Annual Jazz Brunch at the Sherborn Inn on Sunday, October 28, from 11:00 AM to 2 PM.

Everyone who attended last year's Brunch raved about the music, the food, and the terrific raffle items. Don't miss it! Call the COA to sign up for the Brunch or get a ticket at the Dover Market. This event helps the COA serve Dover seniors. Reservations and tickets should be purchased by Oct. 22. Get a table with your friends and have a memorable fun time.

Reminder: membership in the Friends of the Dover COA is from Jan. 1 to Dec. 31. The Friends will be having a town-wide membership drive during the months of Nov and Dec. for 2013. Your membership donation is tax deductible and goes directly to support programs and services of the Council on Aging

SAVE THE DATES

GENERAL ELECTION

Tuesday, November 6th

NOVEMBER THANKSGIVING LUNCHEON

Tuesday, November 13th, 12:00Noon

NOTICE TO DOVER SENIORS

During the next several months, all seniors in Town will be receiving a telephone call from a COA volunteer requesting your email address. An email address will provide us a way to contact you with information and updates on our "Senior Needs" program. Please feel free to participate.

Thank you,

The Senior Needs Committee

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, Oct. 2nd 10:00AM Fireside Room

PAGETURNERS BOOK CLUB

Thursday Oct. 11th 1:00PM – Dover Library – Young Adult Area

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wednesday Nov. 7th 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

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, Oct. 26th Fireside Room 1:00PM

AFTERNOON TEA -

Friday, Oct. 26th 1:30PM – FS Room

SENIOR COFFEE HOUR

Friday, Oct. 26th 8:00AM

Fireside Room

Please come and enjoy coffee and conversation.



U.F.O. (UNFINISHED OBJECTS)

Monday, Oct., 1st 15th & 29th 10:AM - Fireside Room.

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

CRAFTS CLASS

Monday, Oct., 22nd 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 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*

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 Oct., 15th & 29th -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
Meeting Rm.*

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

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 .



Yellow Dot Program for Seniors in Dover.

The Norfolk County Sheriff's Office and the Dover Triad will be bringing the Yellow Dot Program to the Town of Dover. Joseph Canavan from the Norfolk County Sheriff's Office will discuss the Yellow Dot program with Dover seniors on Thursday October 25, 2012. This program is a national safety program, which is designed to help senior citizens if they are involved in a motor vehicle accident or a medical emergency while driving.

The program's participants receive a Yellow Dot decal and place it on the rear window of their vehicle to alert emergency first responders to the medical information packet enclosed in the glove compartment.

Any Dover resident interested in the Yellow Dot Program can sign up on this date. This program is free of charge and will run on a continuing basis



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)

THROUGH THE GARDEN DOOR

One of our best, small native trees is *Oxydendrum arboretum* -also called sourwood or lily-of-the-valley tree. As I write this article, I am looking out my window at my tree which is still in bloom (mid-August). The young leaves are iridescent green then mature to a lustrous green. In early July, fragrant white flowers bloom in 4"-10" long and wide anicles and last late into August. These then turn into brownish capsules which last throughout the winter and provide winter interest. But the show stopper is in October when the leaves turn to a magnificent salmon color. This tree grows very slowly and likes acid soil in sun or partial shade.

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 get an application. 508-785-8113.

TODAYS LIVING

HALLOWEEN TRIVIA & FUN FACTS

Because of the unknown, Halloween is the one of the most captivating holidays, often celebrated by both adults and children. The element of surprise makes it fun and unpredictable.

Halloween Holiday Trivia

- Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death.
- Jack o' Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.
- Pumpkins also come in white, blue and green. Great for unique monster carvings!
- Halloween was brought to North America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes.
- Tootsie Rolls were the first wrapped penny candy in America.
- The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human.
- Halloween candy sales average about 2 billion dollars annually in the United States.
- Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers #1.
- Halloween is the 2nd most commercially successful holiday, with Christmas being the first.
- Bobbing for apples is thought to have originated from the roman harvest festival that honors Pomona, the goddess of fruit trees.
- Black cats were once believed to be witch's familiars who protected their powers.
- Many people still believe that gargoyles were created by medieval architects and stone carvers to ward off evil spirits.
- Halloween is on October 31st, the last day of the Celtic calendar. It was originally a pagan holiday, honoring the dead. Halloween was referred to as All Hallows Eve and dates back to over 2000 years ago.



CREEPY TIDBITS

- If you see a spider on Halloween, it is the spirit of a loved one watching over you.
- Worldwide, bats are vital natural enemies of night-flying insects.
- The common little brown bat of North America has the longest life span for a mammal it's size, with a life span averaging 32 years.
- In about 1 in 4 autopsies, a major disease is discovered that was previously undetected.
- The Ouija Board ended up outselling the game of Monopoly in its first full year at Salem. Over two million copies of the Ouija Board were shipped.



ON THE LITE SIDE

GETTING OLDER QUOTES!!!

- It's tougher to lose weight, because over time your body and your fat are really good friends.
- About half the stuff in my shopping cart says, "For fast relief".
- All you want for your birthday is to not be reminded of your age.
- Everything hurts and what doesn't hurt, doesn't work.
- It takes longer to rest than it did to get tired.
- It takes two tries to get up from the couch.
- There's nothing left to learn the hard way.
- You and your teeth don't sleep together.
- You begin every other sentence with, "Nowadays..."
- You come to the conclusion that your worst enemy is gravity.
- You confuse having a clear conscience with having a bad memory.
- You constantly talk about the price of gasoline.
- You don't remember when your wild oats turned to shredded wheat.
- You have more hair growing out of your ears than you have on your head.
- You have too much room in the house and not enough in the medicine cabinet.
- You know all the answers, but nobody asks you the questions.
- You move something to a more logical location and then can only remember where it used to be.
- You shop for health insurance the way you once shopped for a new car.
- You step off a curb and look down one more time to make sure the street is still there.
- You wake up looking like your driver's license picture.
- You were alive when crayolas only came in eight colors.
- You wonder how you could be over the hill when you don't even remember being on top of it.
- You would rather go to work than stay home sick.
- You write down a name with the telephone number and when you look at it again, you still don't have a clue who it is.
- You've seen it all, done it all, and can't remember most of it!
- Your childhood toys are now in a museum.
- Your idea of weight lifting is standing up.
- Your investment in health insurance is finally beginning to pay off.
- Your joints are more accurate than the National Weather Service.
- Your memory is shorter and your complaining lasts longer.
- Your mind bets you can do the simple physical tasks you've always done, and your body bets you can't...and gives odds.
- Your new easy chair has more options than your car.
- Your secrets are safe with your friends because they can't remember them either.

SENIOR PROPERTY TAX WORK-OFF PROGRAM

Please call or stop by the COA for an application if you are interested in the tax work-off program. Eligibility age 60 and over and a property owner in Dover. There are only 10 slots or less. Each application will be reviewed by a COA committee. Work schedule must be flexible and is set by each department. Eligibility info

provided with application. One applicant per household only.

Applications must be in no later than Oct. 12th . Those received late will not be considered.

OCTOBER—DOVER COA



Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30AM- Yoga Caryl 2nd floor 10:00AM UFO-FS	2 9:30AM-Exercise UTH 11:00AM- COA Board Meeting -FS Room	3 1:00PM Drop-in Bridge Fireside Rm 11:30AM Chi Gong Library meeting Rm.	4 9:30AM - Exercise UTH 12:30PM-Painting- Holliston	5 9:30AM-Bocce- Legion
8 HOLIDAY COA CLOSED	9 9:30AM-Exercise UTH 12:00noon-October Luncheon	10 9:30AM Yoga-Caryl 2nd floor 1:00 –2:00PM Chi Gong Library	11 9:30AM - Exercise – UTH 11:30AM Mass Hysteria 12:30PM-Painting- Holliston	12 9:30AM-Bocce- Legion
15 9:30AM- Yoga Caryl 2nd floor 10:00AM UFO-FS 1:00PM-Knitting with Sandi-FS	16 9:30AM-Exercise UTH 12:00Noon-Spirituality Caryl	17 9:30AM Yoga-Caryl 2nd floor 11:30AM Chi Gong Library Mt. Rm. 1:00PM Drop-in Bridge Fireside Rm	18 9:30AM - Exercise – UTH 12:30PM Painting- Holliston	19 9:30AM-Bocce - Legion
22 9:30AM- Yoga Caryl 2nd floor 10:00AM Crafts-FS	23 9:30AM-Exercise UTH 1:00PM Circle of Friends Luncheon- Grace Church	24 9:30AM Yoga—Caryl 2nd floor 11:30AM Chi Gong Library Mt. Rm.	25 9:30AM - Exercise – UTH 12:00Noon—Yellow Dot Prog. & Light Lunch—Caryl 12:30 Painting – Holliston	26 8:00AM- Sr. Coffee -FS 9:30AM-Bocce- Legion 1:00PM-B/P-FS 1:30 Afternoon Tea- FS
29 9:30AM- Yoga Caryl 2nd floor 10:00AM UFO— FS 1:00PM—Knitting with Sandi-FS	30 9:30AM-Exercise UTH	31 9:30AM Yoga—Caryl 2nd floor 11:30AM Chi Gong Library Mt. Rm.		

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
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

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.

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

Return Service Requested

Council on Aging
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Dover MA 02030