

# DOVER COA COUNCIL ON AGING

# News

508.315.5734

JULY - AUGUST 2020

## HIGHLIGHTS

### **FITNESS on ZOOM**

Stretch, Strength & Stability and Zumba

### **FITNESS on CABLE TV**

Chair Yoga and Mat Yoga

### **VIRTUAL COOKING CLASSES**

With Chef Roberta Hing

### **VIRTUAL UKULELE**

Wednesdays at 1:00pm

## SPECIAL THANKS

### All Our Amazing Volunteers:

Basil Restaurant

Beth Israel Deaconess Hospital-Needham

Bill's Pizzeria

Blue Moon Bagel Cafe

Bj's Wholesale Club

Dover American Legion Post 209

Dover Benefit Fund

Dover Cultural Council

Dover Fire Relief Association

Dover Sherborn Cable TV

Friends of Dover COA

Powisset Farm

Primavera

Saint Dunstan's Church

TJ's Fine Food & Spirits

Tricia Silverman

Trustees of Reservation

## LETTER FROM THE DIRECTOR

Summer is here! Where did March, April, May and June go? It seems so long since we have seen you and been able to gather in person. Town buildings are still closed to the public but Dover COA and other Town offices are available for services via phone. Re-opening plans are in process as we follow guidelines set by the Commonwealth and Board of Health to keep seniors and employees safe and healthy.

For now, virtual programs are available from fitness to cooking and offered via Zoom video conference or on the local Dover Sherborn Cable TV channel. See inside this newsletter for details. As new programs are planned, the COA sends an eblast with details. If you have not been receiving COA email updates, please call the office to be added to our email list.

These past months, the COA was a hub of activity setting up needed services and checking in with seniors isolated at home. COA staff and volunteers conducted over 1,600 check in calls on seniors and families and coordinated weekly home deliveries of donated bread and over 450 meals. Delivery of masks, books, puzzles, as well as food and supply shopping continue for those in need. Thank you to COA staff and Board members who worked beyond the bounds of their job and tirelessly, patiently assisted the community with whatever was needed. Thank you also to our friends at Dover Parks & Rec Dept for stepping in and becoming part of the COA Team to help with meal and bread delivery, mailings, social media postings and more. Finally, a huge thank you to the Volunteers who assisted us in helping your neighbors and friends. We could not do all that we do without you.

Please continue to do the things necessary to stay healthy and safe--social distance, wear a face covering, wash your hands. These are challenging times, and we will continue to get through them together. Reach out to the Dover COA if you need support. We are here for you.

Janet Claypoole

# LUNCH AND LEARN

We have missed seeing you these past few months! As we could not gather together, the COA was busy coordinating delivery of meals to you at home. Thank you to the amazing Volunteers who delivered over 460 meals to 80 homebound seniors over the past 10 weeks and to the Friends of COA and Beth Israel Deaconess Hospital-Needham for partial funding.



Thank You to these Caterers for delicious individually packed meals:

Basil Restaurant, Medfield  
TJ's Fine Food & Spirits, Ashland  
Primavera, Millis  
Bill's Pizzeria, Natick  
Roche Bros Catering, Millis

## VIRTUAL COOKING CLASSES

Join us via Zoom as Chef Roberta Hing cooks her favorite recipes from her kitchen. To sign up, email or call the COA to request the Zoom link and recipes.

**Thursday, July 16 at**

**2:00pm - Summertime**

**Chinese Dinner**

Roberta will prepare Chinese Chicken Salad, Crispy Scallion Pancakes, and Xian Bing--a savory stuffed pancake that is served as street food in Xian, the city of the TerraCotta Warriors. Finish with a sweet treat of Mint Stracciatella Ice Cream.

**August -Date TBA -**

**Summer Grilling**

Learn how to prepare delicious summer recipes on your grill of Grilled marinated pork tenderloin, grilled caesar salad, grilled pizza and fresh peach ice cream.

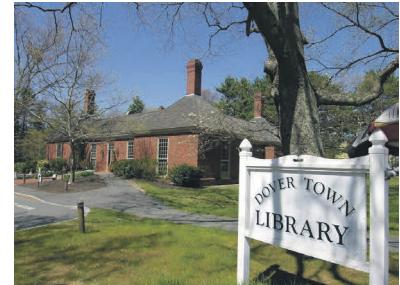


## 12 TIPS FOR BOOSTING YOUR IMMUNE SYSTEM

Did you miss this webinar in May? Not to worry, you can still view this on Dover Sherborn Cable TV! Check the schedule at [www.dsctv.com](http://www.dsctv.com). Registered dietitian and wellness educator Tricia Silverman shares a variety of practical nutritional and wellness strategies to keep your mind and body functioning at its best. Funded by a generous grant from Dover Cultural Council and Mass Cultural Council.

## VIRTUAL TOWN LIBRARY PROGRAMS

The Dover Town Library is offering virtual programs including Craft Along and Bingo, and will continue their series on Racism on July 21st with Samantha Howland of Ascentria Care Alliance speaking on Human Trafficking and Immigration in the United States. For more information, please go to the Library's webpage at [www.dovertownlibrary.org](http://www.dovertownlibrary.org) or call 508-785-8113.



RSVP for all COA events at [www.doverma.org](http://www.doverma.org) or call 508-315-5734.

# BE FIT AND AGE WELL

COA Fitness Classes are now offered in a Virtual format via Zoom or on local cable TV channels Comcast 8 or Verizon 45. To access classes with Zoom, please email the COA at [coa@doverma.org](mailto:coa@doverma.org) for the meeting link. Yoga classes on DSCTV are broadcast daily. RSVP for all COA events at [www.doverma.org](http://www.doverma.org) or call 508-315-5734. Please check the schedule at [www.dsctv.com](http://www.dsctv.com) for broadcast times. Collection of class fees are suspended at this time. Stay Fit and Stay Safe!

## **YOGA FOR WELLNESS**

**Instructor:** Tracy Buckley, RYT

**View on Dover Sherborn Cable TV**

Try our Mat Yoga class and improve your health, strength, flexibility and balance. Reduce your stress, breathe, and move towards a healthier, happier you.

## **CHAIR YOGA**

**Instructor:** Tracy Buckley, RYT

**View on Dover Sherborn Cable TV**

Classic Yoga poses and postures to increase strength and flexibility and improve overall well-being. Start with seated stretching and warm-ups, and if able, move to standing and balancing poses, using the chair for support. Finish with a seated meditation.

## **STRETCH AND FLOW**

**Mondays, 4:30-5:20pm**

**via Zoom video conference**

**Instructor:** Andria DeSimone

Come stretch your body, focus on breathing and balance, and improve range of motion and flexibility.

## **STRENGTH & STABILITY (S&S)**

**Tuesdays 4:30-5:20pm**

**Thursdays, 4:30-5:20pm**

**via Zoom video conference**

**Instructor:** Andria DeSimone

Join us for a total muscle strengthening and conditioning class that incorporates functional fitness with stability and balance work. Clear a space at home and bring your water.



## **ZUMBA GOLD**

**Saturdays, 10:45-11:30am;**

**via Zoom video conference**

**Instructor:** Andria DeSimone

Cosponsored with Parks & Recreation Department

Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance. Other rhythms include belly dance, Brazilian, international music and hip hop. Zumba Gold is geared towards active older adults. Dance to the music for a total body workout!

**THERAPEUTIC QI GONG** and **PICKLEBALL** are suspended until further notice

# COMMUNITY UPDATES

## BLUE MOON BAGELS & BREADS

Thursdays, July 2, 16, 30; August 20

Donated baked goods from Blue Moon Café are available. Call the COA for information on curbside pickup behind Caryl Community Center or a home delivery if needed.

## POWISSET FARM FRESH PRODUCE

Thursdays for pick up,

July 2, 16, 30 August 6, 20

Fresh vegetables are back! The COA received a grant for fresh produce from Powisset Farm from Beth Israel Deaconess Hospital-Needham and matching funds from Trustees of Reservation and Friends of Dover COA. Please call the COA for information on curbside pickup behind Caryl Community Center or a home delivery if needed.



## BOARD OF HEALTH NEWS

### Reminder of Mandatory 14-Day Quarantine for Out-of-State Visitors

The incidence of COVID-19 is rising rapidly in many states, particularly in the south and west. The incidence in Massachusetts is falling, and our state now has the lowest transmission rate in the country. Massachusetts continues to require that visitors coming from other states or countries quarantine for 14 days after arrival in order to limit the spread of COVID-19 here. This also applies to Dover residents who have been out-of-state and returned home. If you need assistance obtaining groceries or with other essential activities during a quarantine period, no matter your age, please contact the **Council on Aging at 508-315-5734**. If you have questions, please contact the Board of Health at [boh@doverma.org](mailto:boh@doverma.org).

### Hand Sanitizer Stations Installed at Transfer Station

The Board of Health and the Highway Department have installed three fixed hand sanitizer stations at the transfer station. They are located near the food waste disposal area, the book and textile bins, and the cardboard compactor. Please sanitize your hands before and after using these high-touch receptacles.

### It's Tick Season

For steps you can take to prevent tick bites, see information from Board of Health on Town website at [www.doverma.org](http://www.doverma.org).

## DOVER TOWN LIBRARY REOPENING

The Library will begin accepting returns on Monday, July 6. The outside return bin located near the lower entrance of the library will be open at 10am. The Library will NOT be allowing in-library returns at this time. To start, only print materials, DVDs, and audiobooks will be accepted in the book return. The Library will NOT be taking back any other materials, such as unique objects, at this time; these materials will be accepted at a later date TBA.

Items coming into the library will need to be quarantined for 3 days before they can be checked in, so they may not show up on your account immediately. This is the recommended guideline set forth by the American Library Association. There is no rush to return material as all due dates have been extended through July 31.

Curbside service begins July 20th. Curbside is a service that will allow you to pick up requested materials on a specific date and time without entering the library. Details about this service will follow within the next two weeks. The library continues to provide online resources and programs for all ages. For more information on how to return materials or access curbside services, go to the Library's webpage at [www.dovertownlibrary.org](http://www.dovertownlibrary.org) or call 508-785-8113.

## RECYCLING COMMITTEE UPDATE

The book and textile bins at the transfer station reopened on June 17. Recycling containers will be available only at the Transfer Station. Deposit plastic bottles and cans, but not glass bottles at this time, will be accepted by the repurposed Swap Shop starting Wednesday, July 8. Areas that currently remain closed are the Swap Shop and Furniture Shed. All textiles and books must be placed into the bins. Nothing should be left on the pavement next to the bins. The Transfer Station requires face masks for all residents to protect the staff and other residents and has preventive measures in place to promote social distancing.

## TOWN CLERK UPDATE

The State Primary Election will be held on Tuesday, September 1, 2020. The last day to register to vote, or to change your party choice is Wednesday, August 12, 2020. The Town Clerk's Office will be open from 9:00 am to 8:00 pm on that date, or you can go online at <https://www.sec.state.ma.us/OVR/> at any time to register and/or change your party.

# SUPPORT AND ASSISTANCE

## OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker

### IN...or...OUT?

Like most folks, I have been a good citizen: complying with social distancing, masks, sanitizing, and other things I didn't expect. For example, I couldn't find any rice in three separate markets a month ago. Who is eating all that rice!

And, like most folks, I'm used to planning. I plan when I am having a dinner party, going out to the movies with my son and getting on a plane to see my other children. No planning so far this year!

Now I am asking, "when can I get back to my "normal"?"

I recently watched a podcast on NPR. The authors reviewed what we can do now that summer is here. Their sources were epidemiologists from well known medical colleges. As you review these activities remember that the closer you are and the amount of time spent near an INFECTED person increases your risk. Now that we are all phasing back into society, with changes, it's time to plan again! So let's look at some of the activities they discussed...

#### 1. Backyard parties with one other household:

##### LOW TO MEDIUM RISK

Using the usual precautions, not sharing utensils, food or drinks. Make it "BYO" and social distance and wear your face covering. Games are a plus. Croquet, bocce, and corn hole are just some of the activities that fit the bill.

#### 2. Eating at an outdoors restaurant:

##### LOW TO MEDIUM RISK

This is especially true if you are out with your family. Your servers will wear masks but be assured that restaurants will be following the Department of Health Guidelines.

#### 3. A day at the beach or a pool:

##### LOW TO MEDIUM RISK

Social distancing is essential but do not worry about the water. If any virus is present, it will be diluted thus making it highly unlikely to be a problem. Keep kids/grandkids under control, especially about distancing.

#### 4. Sitting around a fire pit on a lovely summer night:

##### LOW TO MEDIUM RISK

Space your chairs but with seats already away from the fire

it's easier to be 6 feet or more apart. No sharing of graham crackers, chocolate or toasted marshmallows. Bring your own treats!

Your participation in any of these activities should be balanced with your risk factors and the compliance of others. It is not unreasonable to be concerned about venturing out. We have had months of sheltering in, taking only essential trips out and avoiding family and friends. However, it's time to slowly, carefully get back to our lives and enjoy each other!

#### MASKS

The COA has masks for all residents. Generous donors have shared handmade cloth masks and surgical masks. If you need a new or a replacement mask, please call the COA. State and local public health boards recommend all wear a face covering to protect you and those around you.



#### SHINE

SHINE stands for Serving Health Insurance Needs for Everyone. If you have Medicare or health insurance questions, call the COA for a phone or virtual SHINE appointment with counselor Suzanne Donahue.

#### DOVER SENIOR TRANSPORTATION SERVICE

Purchase tickets at COA to use JFK Transportation Service. Hours of service are Monday to Friday from 7:00am to 5:00pm.

Local Ride Vouchers (Medical and Non-Medical) cost \$30.00 and provides 10 tickets for Dover and nearby towns. Boston Rides (Medical Only): cost \$20 for a one way voucher.

JFK requires a 48 hour notice and tickets are purchased at the Dover COA. Please remember to tip your driver.

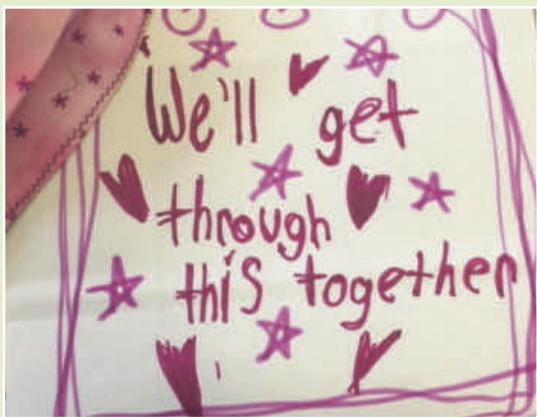
For more information, including towns served, call the Dover COA at 508-315-5734

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Thank you to  
our amazing  
volunteers for...



Your creativity...



Your hope...

Your generosity...

# THANK YOU VOLUNTEERS!

Your compassion...



Your kindness.



# LIFETIME LEARNING

Due to the COVID-19 pandemic, Spring Lifetime Learning classes were cancelled. The Friends of COA have rescheduled the classes for the Fall via Zoom.

## **FUN WITH UKULELE**

Wednesdays, 1:00-2:00pm

Dates TBA

Learn basic chords and strumming on the ukulele to accompany traditional folk songs and more modern songs. No experience is needed and new students are always welcome. Join us to have fun with music.

**Daniel Metraux** has led Ukulele groups in New England for many years and has taught in Dover since 2015.



## **SOCIAL JUSTICE IN AMERICA**

Tuesdays, 10:30-12:00 Noon

November 17, 24, December 1, 8, 15, 22; Cost \$45

Classes meet via Zoom

This series of six classes focuses on the tension that exists between our founding documents and the reality of life in many states today. Topics include **The Unfinished Revolution**: The American Experiment in which common citizens had a voice in government but many were left out; **Civil Rights**--from the 3/5 Compromise through movements in the late 1800s and into the 1960s; **Women**--the struggle for suffrage, Title IX, reproductive rights, pay equity and equal opportunity; **Love, Marriage and Sexual Preference**--the right to privacy, debates about marriage in America; **Labor**--the Great Depression, organizing, fair wages and safety; and **War and Peace**--Vietnam, SDS, the anti-war protest movement.

**James Arena-DeRosa** is a Harvard graduate and taught graduate school at Brandeis. A lifelong advocate for social justice and his experience ranges from community activism to international campaigns. His professional career includes Regional Administrator of the USDA Food and Nutrition Service, New England Director of the Peace Corp, and CEO of Foodshare, part of the Feeding America network.

## **TONI MORRISON**

Mondays, 1:30-3:00pm

September 14, 21, 28; October 5; Cost \$35

Classes meet via Zoom

Toni Morrison (1931-2019) was a prolific novelist, editor and professor, among whose many accolades and awards were the Pulitzer Prize in 1988 for *Beloved* and the Nobel Prize in 1993. Her novels are known for their epic themes, exquisite language and richly detailed African American characters. In this course, participants will devote four classes to analyzing and discussing *Song of Solomon* (1977), as well as short excerpts from Morrison's essays on literature.

**Lynne Spigelmyre Viti, PhD** is a Senior Lecturer Emerita in the Writing Program at Wellesley College. She is the author of three poetry chapbooks and many scholarly publications on literature, legal studies, and composition theory. She has published poetry and fiction in over 60 online and print literary journals.

## **HOW TO REGISTER**

Download a form from Friends website at [www.coafriends.org](http://coafriends.org). Registration forms and payment to Friends of Dover COA may be mailed to PO Box 250 or drop off at COA office in Caryl Community Center.

# TRAVEL AND EXPLORE

Due to the pandemic, all 2020 Day Trips and Overnight trips are cancelled.



## Travel During a COVID-19 Summer

Like everyone else, the day is full of COVID-19 precautions. Wear a mask, wash hands thoroughly and maintain social distance. As we move into the summer months, we are eager to do SOMETHING different! As a person who's used to Summer travel, is there an alternative to hunkering down at home watching Downton Abbey for the third time?? You bet there is!

Here are some places to travel, stay safe and have fun...all from the comfort of your own home. Let your fingers do the walking and connect to the world.

### Are You a Summer Concert Guest?

Bring the music home to you: Boston Symphony Orchestra offers a BSO at Home series; weekly concerts can be found at [www.bso.org](http://www.bso.org). Do you prefer more contemporary music? Try Rockport Music at the Shalin Liu Performance Center at [rockportmusic.org](http://rockportmusic.org). For music on the jazzier side, check out Harvard Square's Club Passim, which is using Facebook Live streaming folk, bluegrass and even an "Open Mike Night." For a more local music scene, check out the Wellesley Concert Series via [isabel.fine@wellesley.edu](mailto:isabel.fine@wellesley.edu), and choose a Concert Series performance to watch on Facebook.

### Are You a Museum Visitor?

The MFA is offering virtual tours online in their video library at [mfa.org](http://mfa.org). The Nubian Exhibit is available currently.

The Danforth Art Museum at [danforth.framingham.edu](http://danforth.framingham.edu) offers views of its collections from the Museum website under See Art. There are virtual Artist talks view as well.

The Isabella Stewart Gardner Museum partnered with WGBH via the Google Cultural Institute for a virtual tour of the museum. Check out WGBH's website at [wgbh.org](http://wgbh.org).

The Metropolitan Museum of Art in New York City has guided tours through their entire collection, including immersive 360 degree video. Go to [metmuseum.org](http://metmuseum.org).

The Heritage Museum and Gardens at [www.heritagemuseumandgardens.org](http://www.heritagemuseumandgardens.org) has virtual tours under the heading Engage. Classic Cars, gardens and other collections await you.

A word about YouTube: Museums, concerts and world travel destinations are all there for your enjoyment. Be specific in your search to get to your destination more efficiently.

### Need a Little Intellectual Stimulation?

Harvard's Open Learning initiative is offering free online courses on poetry, China, world literature, science and even cooking. Google Harvard Extension to see more options. The Cape Ann Museum has started a Video Vault Lecture Series which can be found at [www.capecannmuseum.org](http://www.capecannmuseum.org).

### Are Your Four Walls Closing In?

Then get out for a walk. Many Reservation areas such as Noanet and Pegan Hill in Dover, Cedar River in Millis, and Rocky Woods in Medfield are open to hikers of every level--remember to take your cell phone and your mask. Also, the former Medfield State Hospital grounds provide excellent shaded flat roads. You can even picnic by the Charles.

### Are You a Traveler?

Rick Steves' travel programs are available on cable and online at [ricksteves.com](http://ricksteves.com). Take a virtual visit to a national park at [nationalparks.org](http://nationalparks.org) and tour Crater Lake National Park or view Old Faithful and more through the webcams at Yellowstone National Park. So many places to see and you have plenty of time!

So you've listened, looked, and let your body get some exercise...what if you just want to laugh?! Try this:



- Penguin Colony Webcam at The New England Aquarium
- Giant Panda Cam at the Smithsonian's National Zoo
- Live Cam at the San Diego Zoo

All of these and more can be Googled easily. If you need assistance, call the COA. These are just a few options to break the Summer monotony during our State's Phased opening during COVID-19. We are all eager to get out, join friends, and travel when and where we want. The COA is pleased to suggest these easy chair alternatives while we wait for everything to open safely.

Remember when you are out: Wash -- Mask -- Distance!

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at Dover Library or your home.

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# EXTRA! EXTRA!

## STAND UP AND BE COUNTED!

Have you completed your 2020 Federal Census? It is not too late. Due to the COVID-19 outbreak, the self response phase of online, phone, and mailed responses has been extended to October 31. Census data is used to determine funding for public benefits and health programs (Medicaid, Medicare, Nutrition Assistance, mental health and more), political representation at state and federal levels. It also determines COA's annual grant from the Commonwealth for services for seniors in Dover. Census data is confidential and not released to other agencies. For more information, go to [2020census.gov](http://2020census.gov). Your response matters!

## FOOD SECURITY RESOURCES

BayPath Elder Services / Meals on Wheels program offers meal delivery to eligible homebound seniors. Contact BayPath at **508-573-7200**.

SNAP is the Supplemental Nutrition Assistance Program. To apply for SNAP benefits, call Project Bread's Food Source Hotline at 1-800-645-8333 (Monday-Friday from 9am-7pm and Saturday from 10am-2pm.)

If you need assistance with securing food, completing applications, or need a volunteer to help with food shopping, please call the COA at 508-315-5734. We are here for you.

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Dover COA Newsletter  
for your support of our newsletter

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## POWERFUL TOOLS FOR CAREGIVERS

Wednesdays at 3:00-4:30pm starting August 12

Natick Community-Senior Center is offering a FREE six-week virtual class series that will give caregivers the tools to: Reduce caregiver stress, Improve self-confidence in caregiving, Manage time, set goals and problem solve, Better communicate your feelings, and Make tough caregiving decisions. Classes will meet via Zoom every Wednesday for 6 weeks. Attend an information session on July 22nd at 3:00 pm via Zoom to learn more.

To register for the information session and/or program, call the Natick Community-Senior Center at 508-647-6540 and speak with Debbie Budd ext. 1906 or Karen Edwards ext 1905. Registration is required and space is limited. This program is offered free of charge and is made possible in part by funding from the Older Americans Act, as granted by BayPath Elder Services, Inc.



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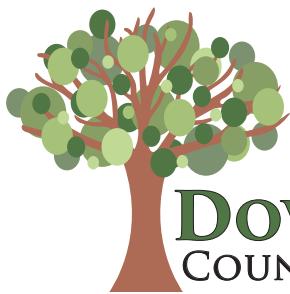
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# DOVER COA

## COUNCIL ON AGING

### COA OFFICE

Caryl Community Center, Room 116  
4 Springdale Avenue, Dover, MA 02030  
Email: [coa@doverma.org](mailto:coa@doverma.org)

**508.315.5734**

### COA OFFICE HOURS

Monday – Thursday: 9:00am to 5:00pm  
Friday: 9:00am to 1:00pm

### COA BOARD MEETING

*No Meetings in July or August*

### COA STAFF MEMBERS

Janet Claypoole, Director  
Nan Vaida, Outreach Worker  
Sue Sheridan, Administrative Assistant  
Annemarie Thompson, Volunteer Coordinator

### COA BOARD MEMBERS

Camille Johnston, Chair  
Joanne Connolly, Vice Chair  
Maureen Dilg, Secretary  
Robert Cocks  
Rev. Peter DiSanto  
Betty Hagan  
Gilbert Thisse  
Gerry Wise, Associate Member  
Ruth Townsend, Associate Member

### Website: [www.doverma.org](http://www.doverma.org)

Check out the new Town Website and sign up for alerts at **Notify Me**

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