



# DOVER COA COUNCIL ON AGING

# News

508.315.5734

FALL 2020

## HIGHLIGHTS

### **FUN WITH UKULELE**

Wednesdays at 1:00pm

### **GRAB & GO MEALS**

See page 2 for dates

### **CHAIR YOGA on ZOOM**

Starts Friday, October 9

### **MEDICARE PLAN OPTIONS**

Wednesday, October 14

### **FLU CLINIC**

Wednesday, October 14

### **EARLY VOTING**

Starts October 17

## SPECIAL THANKS

Beth Israel Deaconess Hospital-Needham

Blue Cross Blue Shield of Massachusetts

Blue Moon Bagel Cafe

Bj's Wholesale Club

Dover Parks & Recreation Dept

Dover Sherborn Cable TV

Dowse Orchards

Friends of Dover COA

Heart to Home Meals

One Wingate Way-Needham

Powisset Farm

Trustees of Reservation

Wingate Residences

## LETTER FROM THE DIRECTOR

Welcome Autumn! It's the start of a new school year and new programs, but this year it is different as Covid-19 is still with us. Please do the necessary things to stay well, and if you need support, please reach out to Dover COA. We are in this together and are here for you.

Dover Council on Aging remains closed to the public, but COA staff is available to assist you with resources, support, and programs--outside and virtual. Staying closed is the safest approach for staff and the public as the Town reviews the ventilation systems in town buildings.

Though the Caryl building may be closed, the COA is busy bringing programs to you. There are lots to choose from! Join us in the Tent behind Caryl, while the weather allows us to gather outside. Look inside for details on Tea with Friends or Senior Coffee, pick up a Grab & Go meal, or stop by the ever popular curbside pick up of fresh farm vegetables from Powisset Farm and fresh bread, bagels and baked goods from Blue Moon Cafe.

Try a virtual program this fall--fitness, cooking, Lifetime Learning's ukulele or social justice classes, or check in with COA staff and friends at Coffee & Conversation. Sue Flanagan is back to share her Medicare Health Plan expertise as now is the time to update your Medicare plan. Dover COA is also partnering with Blue Cross Blue Shield of Massachusetts as they offer a series of Wellness Webinars to support you while at home.

We may be apart but there are still many ways for us to stay connected. Please remember to: Wash your hands, Social distance, Wear a face covering, and VOTE!

Janet Claypoole

### Need a Ride to the Polls?

If you need a ride to the polls for early voting or the November election, please call the COA two days prior to your preferred early voting day (see schedule on page 4) or by Friday October 30 for November Election day. Please call early! If you call the day of the election, we cannot arrange transport the same day.

# EVENTS IN THE TENT AT CARYL



## BLUE MOON BAGELS & BREADS

Thursdays, September 3, 17

Thursdays, October 1, 15, 29

Pick up at 1:00-2:00pm

Donated baked goods from Blue Moon Café are available. Curbside pickup behind Caryl Community Center or a home delivery if needed.

## POWISSET FARM FRESH PRODUCE

Thursdays, September 3, 17

Thursdays, October 1, 15, 29

Pick up at 1:00-2:00pm

Fresh vegetables are still available with COA drive up service behind Caryl Community Center, funded by a generous grant from Beth Israel Deaconess Hospital-Needham with matching funds from Trustees of Reservation and Friends of Dover COA.



Enter from Whiting Road to back parking lot for Curbside pickup behind Caryl Community Center. Pull your car up to the booth, STOP and please put your car in PARK while staff and volunteers assist you.

Home delivery is available if needed.

## GRAB & GO MEALS

Tuesdays, September 15, 29 at 1:00pm

Tuesdays, October 13, 27 at 1:00pm

Reserve a meal to pick up in the Tent behind Caryl Community Center. Drive up, curbside service is available featuring individually prepared meals from Roche Brothers, Heart to Home, and Basil Restaurant. RSVP required to reserve a meal.

## PUZZLES, BOOKS, & APPLE CIDER DONUTS!

Tuesday, October 6 at 1:00pm

Stop by the Tent in the parking lot behind Caryl Community Center and pick up a new or slightly used jigsaw puzzle at 300, 500, 750 or 1000 pieces. Grab a book and Apple Cider donuts to enjoy. Wash those sticky fingers before working on your puzzle!

## TEA WITH FRIENDS

Tuesday, September 8 at 11:00am

Tuesday, October 20 at 1:00pm

Join us under the Tent behind Caryl Community Center to connect with friends. Group size is limited and masks and social distancing are required. September includes a boxed lunch from One Wingate Way/Wingate Residences. October will offer a harvest lunch. RSVP to reserve a space.

## SENIOR COFFEE

Friday, September 25 at 10:00am

Friday, October 23 at 10:00am

Bring your coffee and gather with friends in the Tent behind Caryl Community Center. It can be cool, so wear a coat or scarf or bring a blanket! Please RSVP as space is limited. Masks and social distancing are required.

*Tent rental partially funded by a generous grant from Beth Israel Deaconess Hospital-Needham*

RSVP for all events to [coa@doverma.org](mailto:coa@doverma.org) or call the COA at 508-315-5734.

# BE FIT AND AGE WELL

COA Fitness Classes are 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. To RSVP, email [coa@doverma.org](mailto:coa@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!



## **GENTLE MAT YOGA**

**Instructor: Tracy Buckley, RYT**

**View on Dover Sherborn Cable TV: stream video or check schedule for air times**

Try our 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**

**Fridays, 10:15-11:00am; starts October 9**

**via Zoom videoconference**

**Also on Dover Sherborn Cable TV; stream video or check schedule for times**

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.

## **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, 7:15-8:05am NEW TIME!**

**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**

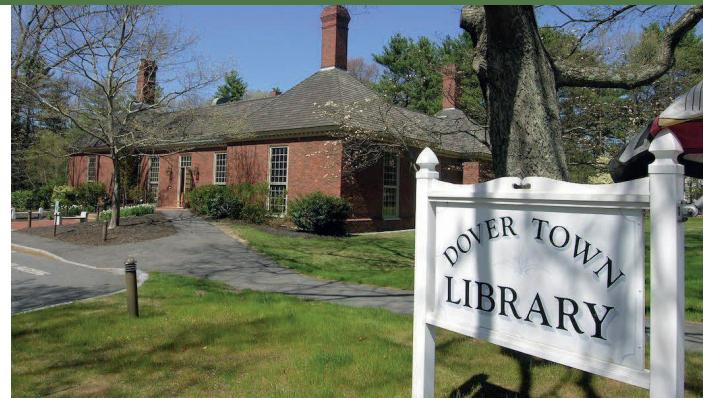
**Cosponsored with Parks & Recreation Department**  
Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance. Other rhythms include belly dance, Brazilian, international music and hip hop. Zumba Gold is geared towards active older adults. Dance to the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

# COMMUNITY UPDATES

## BOARD OF HEALTH NEWS

### Flu Vaccine

The Board of Health is planning a drive-up, flu vaccine clinic on **Wednesday, October 14 from 12:00-5:00pm** to be held at the Highway Garage on Dedham Street. Pre-registration is required to participate. Senior dosage will be available. Clinic is open to the Public: ages 9 and older. For more details, email the Board of Health at [health@doverma.org](mailto:health@doverma.org) or call at 508-785-0032, ext. 232.



## TOWN CLERK UPDATE

### Election day is **Tuesday, November 3**.

Residents have options on how to submit their vote: in person on Election day, Vote by Mail, or Early Voting in person. To request a Vote by Mail application, or verify that your application has been received, please call the Town Clerk at **508-785-0032 ext. 226**.

### Early Voting (in person) Schedule at Dover Town House

Saturday, October 17	1 pm to 3 pm
Sunday, October 18	1 pm to 3 pm
Monday, October 19	9 am to 3 pm
Tuesday, October 20	9 am to 4 pm
Wednesday, October 21	9 am to 3 pm
Thursday, October 22	9 am to 4 pm; 6 pm to 8 pm
Friday, October 23	9 am to 1 pm
Saturday, October 24	2 pm to 4 pm; 6 pm to 8 pm
Sunday, October 25	1 pm to 3 pm
Monday, October 26	9 am to 3 pm
Tuesday, October 27	9 am to 4 pm
Wednesday, October 28	9 am to 3 pm
Thursday, October 29	9 am to 3 pm; 6 pm to 8 pm
Friday, October 30	9 am to 1 pm

October 24 is the last day to register to vote, or change party. You can do this in person, through the mail, or online at [www.RegisterToVoteMA.com](http://www.RegisterToVoteMA.com).

All Voting will be conducted in the Dover Town House in the Great Hall. Early Voting entrance is the door closest to the flagpole in the semicircle. The exit will be to your right, as you exit the Great Hall. Accessible entrance/exit located on ground floor from parking lot. Masks must be worn!! You will check in, and vote in the Great Hall!

## DOVER TOWN LIBRARY NEWS

Curbside service is available. To request items, visit [find.minlib.net](http://find.minlib.net) and place holds on your account. When you receive notice that holds are available, visit the library website at [www.dovertownlibrary.org](http://www.dovertownlibrary.org) and schedule a pick up day and time. When picking up books in the library parking lot, returns may be dropped off at the downstairs entrance by the Children's Room. If you prefer to schedule a pick up over the phone, please call the Library at 508-785-8113.

### Upcoming Virtual Programs

**Tuesday, Oct. 6th @ 7pm - Underwater Archaeology Presentation** - This Zoom presentation will focus on two Massachusetts underwater archaeology sites with some really cool photography.

**Wednesday, Oct. 7th @ 7pm - What It Means To Be News-Literate** - In this program, John C. Silva, Sr. Director of Education and Training at the News Literacy Project, will help us explore how to become more news-literate. News literacy is the ability to determine what is credible and what is not, and to use the standards of authoritative, fact-based journalism in deciding what to trust, share and act on.

**Monday, Oct. 19th @7pm - Women's Suffrage** - We'll be welcoming back Aimee Davidson of the YWCA RI to talk about the history of women's suffrage.

**Wednesday, Oct. 21st @ 4pm - Virtual BINGO** - Join us for a fun-filled afternoon of BINGO.

**Wednesday, Nov. 18th @ 7pm - Bollywood Dance Class for Adults** - A class for adults who want to learn Bollywood or are curious about the dance style.

To register for these programs, go to:

<http://dovertownlibrary.org>

Click on calendar, then click on event on date scheduled for detailed information and registration link.

# SUPPORT AND ASSISTANCE

## OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker

### The Cans and Can'ts of COVID

Autumn arrives in all its glory very soon. We, in New England, take for granted the natural loveliness of the season, ignore the Fall beauty as we drive through tree lined roads, growl at the dried leaves that need constant clean up and in general, regard "Fall" as the jump off point to winter. Can't wait!

We have all had to do with less over the last several months: less toilet paper, less paper towels and yes, even rice was missing off the shelves. We don't have large celebrations: we don't attend sports events, music concerts, and family events. All our meetings are via Zoom.

We miss our colleagues, friends and families. For some folks of our town, it is especially painful as it is these people who make our day. Loneliness, for some, is something new.

We've learned to shop differently. Some of us have volunteers who shop for us, use delivery services or wear our masks and get it done on our own.

We watch TV and eat too much comfort food. Zoom and local TV have become our contact point for exercise, learning, town meetings and a way to see those you love.

We observe our faiths differently as well. Many of our local churches have chimed in and offer Facebook or Zoom services. A few brave parishes have opened their doors for limited live services--but you have to make a reservation.

We have learned to regard our driveways and parking lots as "destinations" for social events. Masks and gloves litter our cars. We tell folks to "BYOB" as we venture into backyard gatherings as it's become necessary to be aware of how we serve food and beverages.



In fact, consider all the new terms in our language you've had to learn: NO contact serving, social distancing, herd immunity, telemedicine, Zoom, PPE, COVID-19 testing...the list goes on, the emphasis on what we CAN'T do.

On the other hand, as we are about to enter our holiday season, here's what we CAN do.

We can enjoy beautiful fall foliage, the last harvests in the garden and bright Autumn skies. We can look to Halloween as the start of the march to Christmas with Thanksgiving as the pause before.

We can decorate for Halloween for us and our neighbors to enjoy. We can still get fresh local turkeys to roast to perfection with all the trimmings. We can still shop for just the right present for a certain someone. And, we can put that special ornament on top of our tree.

A very wise woman said to me...We still have our friendships. That's a good thing.

Personally, I CAN'T wait!

### SHINE

Open Enrollment is from October 15 to December 7. Are you retiring soon? Do you need a review of your Medicare plan or have questions about coverage? Make an appointment with the SHINE counselor. SHINE stands for Serving Health Insurance Needs for Everyone. Call the COA for a phone or virtual SHINE appointment. Please note that appointments fill up quickly, so call soon to reserve a time.

### 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

# VIRTUAL PROGRAMS

## COFFEE & CONVERSATION via Zoom

Fridays, September 11, 18 at 10:00am

Fridays, October 9, 16, 30 at 11:00am

Grab your coffee, settle into your comfy chair, and connect with friends on your laptop or tablet via Zoom video conference. Chat with COA staff and share your concerns, suggestions for future programs, or a favorite memory. We can still connect from a distance! To sign up, please email COA at [coa@doverma.org](mailto:coa@doverma.org) for the Zoom meeting info.



## MEDICARE HEALTH PLAN OPTIONS

on Webinar

Wednesday, October 14 at 9:30AM

Already have Medicare but wonder if you have the right coverage? Join Susan Flanagan from Blue Cross Blue Shield of Massachusetts as she explains your Medicare health insurance options, including the rules for Medicare, so you can be confident you've made the right choices. Open Enrollment is October 15 to December 7 and now is the time to review your Medicare plan and make any changes. Please RSVP to [coa@doverma.org](mailto:coa@doverma.org) and the webinar link will be sent out.

## VIRTUAL COOKING CLASSES



Join us as Chef Roberta Hing cooks delicious meals in her kitchen and shares the recipes so you may cook at home. To sign up, email [coa@doverma.org](mailto:coa@doverma.org). The Recipes and Zoom meeting link will then be sent to you. Thank you to Friends of Dover COA for sponsoring these classes.

### Monday, September 28 at 1:00pm - Let's Get Grilling

Roberta will demonstrate basic grilling techniques along with some of her favorite recipes. Learn Roberta's different methods of grilling vegetables and follow with a tender and juicy pork tenderloin with the perfect crispy crust. Round out the class with pizza on the grill and a grilled Caesar salad.

### Monday, October 26 at 1:00pm - Thai Cooking

Roberta will explore fresh interpretations of traditional Thai recipes filled with aromatic herbs and spices. Recipes include Thai coconut soup, Pad Thai, and chicken satay with a peanut sauce.

## THE FUTURE OF DOVER'S CARYL COMMUNITY CENTER

Public Forum Zoom on Tuesday, September 29 @ 7:00PM

Sponsored by the Community Center Building Committee and led by the architect firm of Fennick McCredie Architecture. The purpose of this citizen forum is to bring the Dover community up to date with our progress AND to hear from you what activities and community opportunities you would like to see offered in a Renovated or New Dover Community Center.

Information as to how to link into the forum is below. This is an opportunity to have our say on the future of our Community Center and hear updates on the project. What do we need to have in the Community Center, what activities should it accommodate...what activities would we love it to be able to accommodate.

And if you cannot attend or would rather email your thoughts and ideas, please send your comments to [carylfeedback@doverma.org](mailto:carylfeedback@doverma.org). You may also visit the Facebook page of 'Caryl Community Center Building Committee' and comment on their most recent post.

In the meantime, please link onto the Dover town website at <https://ma-dover.civicplus.com> and sign up at **Notify Me** to receive updates on Caryl Community Center Building Committee announcements and meetings.

Topic: Community Center Building Committee

Time: Sep 29, 2020 07:00 PM Eastern Time

Join Zoom Meeting

Meeting ID: 950 2271 2761

Passcode: 119161

One tap mobile

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Dial by your location

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# CREATE AND CONNECT

## CHICKERING GROWS

Dover COA has been invited by Dover PTO and Chickering Elementary School to participate in an intergenerational Garden Club with students and seniors. Chickering GROWS is a remote gardening program and will offer a different kit each season to grow at home. No green thumb required!



Students and seniors will experience the therapeutic qualities of gardening and create connections with one another. Post photos, comments and pose questions on the Chickering GROWS Padlet. As the students cannot work in the school garden, this will be a fun way to grow the same things in your homes and share with one another the beauty and fun of gardening. Learn more at <https://www.doverpto.org/chickering-grows>. If you want to participate in this program, please call the COA or email Volunteer Coordinator Annemarie Thompson at [athompson@doverma.org](mailto:athompson@doverma.org).

## KNITTING TOGETHER

Are you knitting at home alone and want to connect with other knitters? Do you need supplies of yarn or needles or a new pattern to try? The COA is happy to help! If you are interested in participating in a knitting club on Zoom, please email the COA and at [coa@doverma.org](mailto:coa@doverma.org) and we will set it up. The COA can also deliver kits of yarn, needles, and patterns to your door; we have plenty of materials to share. You know what knitters say...Keep Calm and Cast on!

## THANK YOU VOLUNTEERS

During these past six months, the COA has seen many acts of kindness as volunteers of all ages help others in our community. Volunteers have delivered meals, shopped for food and supplies, sewn masks, picked up and delivered donations of bread and fresh produce, decorated delivery bags, made cards, made phone calls to check on elder neighbors, and more. The COA and the seniors appreciate your support and kindness. As we continue to deal with the coronavirus and stay safe by social distancing, it is still important to connect. Please continue to check on your elder neighbors. If you would like to assist the COA with check in calls or are available to provide other types of support, please email [coa@doverma.org](mailto:coa@doverma.org). Thank you.

## UPDATE YOUR EMAIL WITH DOVER COA

Do you receive email updates from the COA? If not, please share your email address with the COA to receive information on public health announcements such as the flu clinic or a boil water order, upcoming COA programs, changes in event schedules, and other important topics. Send your email to [coa@doverma.org](mailto:coa@doverma.org) to be added to the COA email list.

## WALKING PROGRAMS

You may be participating in virtual Zumba, Yoga, or other fitness classes. How about connecting safely with others for a walking group? Here are some to try:

**Dover Church holds a Walking Group on Fridays at 9:00am.** Contact Beth Benjamin for more info at [beth@thedoverchurch.org](mailto:beth@thedoverchurch.org)

**Sherborn COA meets on Thursdays at 10am for Walks.** Contact [coadirector@sherbornma.org](mailto:coadirector@sherbornma.org) for details.

Dover COA Fitness Instructor Andria DeSimone leads walking groups on some Saturdays. If interested, please email [coa@doverma.org](mailto:coa@doverma.org).



Keep moving and stay healthy!

# LIFETIME LEARNING

Sponsored by The Friends of COA with support from Dover COA. Classes are offered via Zoom video conference.

## **FUN WITH UKULELE**

Wednesdays, 1:00-2:00pm

September 9 - December 23, 2020

Cost: \$35.00 per household

Classes meet via Zoom

Come learn basic chords and strumming on the ukulele to accompany traditional folk songs and more modern songs. Bring your own ukulele or rent one at Needham Music (781-453-8067). 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, 10:30-12:00Noon

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. He is 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 Spigelmire 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) or email registration info to [coa@doverma.org](mailto:coa@doverma.org). Registration forms and payment to Friends of Dover COA may be mailed to PO Box 250, Dover MA 02030.

# STAY HEALTHY AND SAFE



## WELLNESS WEBINARS

Dover Council on Aging in partnership with Blue Cross Blue Shield of Massachusetts are offering no-cost health education webinars. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members while remaining at home, and learn more about how to stay healthy and safe during these challenging times.

All are welcome--you do not have to be a Blue Cross member to participate.

Register for one or more of the Live Health Webinars by emailing [coa@doverma.org](mailto:coa@doverma.org) and a Webinar link will be sent.

### Monday, October 5

10:30-11:00am

#### Calming Anxiety in Times of Uncertainty

Presenters: Janet Fontana, RN and a Certified Health Coach

Anxiety is a Normal Reaction to stress. In times of uncertainty, our thoughts can take on a life of their own and amplify feelings of worry and anxiety. Join us to learn simple techniques to break the cycle of anxious thoughts and anxiety, help you relax and feel calmer.

### Tuesday, October 20

11:00-11:30am

#### Yoga Chair Stretches and Guided Relaxation

Presenters: Luisa Lewis & Janet Fontana, RN

Join us to practice stress-relieving yoga chair stretches to ease tight muscles in your neck, shoulders, and back, followed by a 10 minute guided meditation. Practicing meditation and connecting with others can help us better cope with stress and feel less isolated. No previous yoga or meditation experience necessary. May attend this webinar with or without video.

**Thursday, November 5**

**2:00-2:30pm**

#### **Nutrition Do's and Don'ts During Uncertain Times**

Presenters: William Rowbottom & Tricia Silverman, RD Are uncertain times causing you to eat or drink more and move less? Learn alternatives to comfort foods and how to use mindful eating and drinking practices when you do indulge. Discover strategies to manage food and optimize nutrition while working from home.

**Wednesday, November 18**

**10:00-10:30am**

#### **Nutrition and Sleep: Fascinating Connections**

Presenters: Lisa Farnham & Tricia Silverman, RD

Learn how sleeping well can help to control your weight and revitalize your mind and body. Discover which foods, herbs, teas, and minerals can make you feel sleepier, or interfere with your sleep.

**Tuesday, December 8**

**2:00-2:30pm**

#### **Taming Your Mind with Mindfulness Techniques**

Presenters: Jenna Feitelberg & Janet Fontana, RN

When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer. Join us to practice a mindful breathing exercise and a five-minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations.

## MASKS

The COA has masks to share with all residents. Thank you to the generous donors who have created cloth masks. Surgical masks are also available. If you need a new or replacement mask, please call the office. Local and state public health officials require wearing of a face covering to protect you and those around you. Mask Up, Massachusetts!



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# EXTRA! EXTRA!

## ARE YOU PREPARED?

September is National Preparedness Month, a good time to get organized for weather-related or other emergencies. A little bit of planning now just might save you from headaches and hardship down the road. Here are some tips from Ready.gov on what to put in your basic emergency kit:

- Water (a gallon per person per day for at least three days)
- Food (at least a three day supply of non-perishable food)
- Flashlight
- Extra batteries
- Manual can opener
- Battery powered or hand-crank radio
- Whistle (to signal for help)
- Plastic sheeting and duct tape (to shelter in place)
- Wrench or pliers (to turn off utilities)
- Cloth face coverings, soap, hand sanitizer, disinfecting wipes
- Essentials such as toilet paper and paper towels

Make a list of items to bring if you need to leave your home and include: cellphone and charger, important phone numbers, prescription medications, eyeglasses, change of clothing.

Store items in airtight plastic bags and put your entire kit in easy-to-carry containers such as plastic bins or duffel bags.

## 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 for a confidential consultation.



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**Thank you on behalf of the Dover COA  
for your support of our newsletter**



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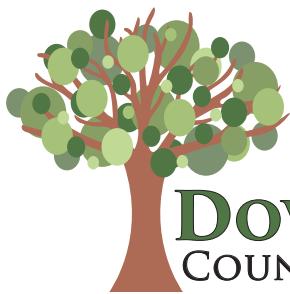


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# DOVER COA

## 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

September 15 at 10:00am  
October 6 at 9:30am  
Meetings held via Zoom video conference

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

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

### 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

**The Dover Council on Aging  
is now on Facebook! Like our  
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