

# DOVER COA COUNCIL ON AGING

# News

508.315.5734

HOLIDAY 2020

## HIGHLIGHTS

### GRAB AND GO MEALS

Thanksgiving - November 17  
Holiday Meal - December 8

### SOCIAL JUSTICE IN AMERICA

Lifetime Learning starts Nov 17

### DOVER POLICE HOLIDAY BRUNCH

Grab & Go - December 5

### HOLIDAY COOKIE EXCHANGE

Tuesday, December 15

### WILDLIFE IN YOUR BACKYARD

Wednesday, December 16

## 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 Police Association  
Dover Sherborn Cable TV  
Dover PTO at Chickering  
DSHS Community Service Club  
Friends of Dover COA  
Powisset Farm  
The Dover Church  
The Joys of Nature  
Trustees of Reservation

## LETTER FROM THE DIRECTOR

The Holidays are coming and the traditions of the season will look different for us this year from how we gather at home to the annual events offered at the Dover COA. To keep everyone safe and healthy, our annual traditions of the COA Thanksgiving dinner, Holiday cookie exchange and Dover Police Association Holiday Brunch will be offered as a Grab & Go drive up, curbside delivery format. As you pick up a meal, please consider dropping off a canned good donation to share with the local food pantry. See inside for details to sign up for these annual events.

It has been wonderful to see many of you at curbside pick-up of farm veggies and bread, books/puzzles, or a meal. Thank you to Chief McGowan and Town Administrator Chris Dwelley as they helped us distribute meals at Grab & Go pickups. We invite you to join the Town Administrator at November's virtual coffee for an update on Town projects and to answer questions. There are other virtual programs available, including Cooking and Fitness classes, Lifetime Learning Social Justice classes and Senior Coffee and Chat with friends and COA staff. Naturalist Joy Marzolf returns with Wildlife In Your Backyard in December and will join us in 2021 for virtual travel talks. If you have not used Zoom yet, please reach out to the COA for support.

The COA is grateful to students for reaching out to the seniors. Pen pals are available with DSHS students and Dover PTO offers the Chickering GROWS program with Amaryllis bulbs available for winter kits. Please contact the COA if you are interested in participating in these programs. Don't forget that the Sand for Seniors program will deliver buckets of sand/salt in December to keep your icy walkways safe and prevent falling. Give us a call to arrange delivery from the volunteers from The Dover Church's Men's Group.

Please continue to do the things necessary to stay healthy and safe--social distance, wear a face covering, wash your hands. Reach out to the Dover COA if you need assistance. We are thankful for the opportunity to serve you and grateful for the many volunteers who assist us in doing so. Dover COA wishes you and your families a peaceful and happy holiday.

Janet Claypoole

# EVENTS AT CARYL



## BLUE MOON BAGELS & BREADS

Thursday, November 12

Thursday, December 10

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

Thursday, November 12

Thursday, December 10

Pick up at 1:00-2:00pm

Stop by and pick up fresh vegetables at the 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. Stop at the booth and put your car in PARK while staff and volunteers assist you. Home delivery is available if needed.

## PUZZLES & BOOKS EXCHANGE

Tuesday, November 10 at 1:00pm

Stop by the parking lot behind Caryl Community Center and pick up a new or slightly used jigsaw puzzle. Pick up a large print or regular print book or even a puzzle book to enjoy. Home deliveries available.

## GRAB & GO MEALS

Thanksgiving Feast Among Friends

Tuesday, November 17 at 1:00-2:30pm

Holiday at Home Meal

Tuesday, December 8 at 1:00-2:00pm

Reserve a traditional Thanksgiving dinner or a Holiday meal to pick up behind Caryl Community Center. Drive up, curbside service is available featuring individually prepared meals from Roche Brothers and local restaurants. RSVP to COA required to reserve a meal. Please bring a Canned Good donation to share with the local Food Pantry.

## DOVER POLICE GRAB & GO HOLIDAY BRUNCH

Saturday, December 5 starting at 9:30am

Dover Police Association invites seniors to enjoy the annual holiday brunch as a curbside pick up at the Police Station. Individually packaged meals and a holiday gift are available for pick up or home delivery. Please contact the COA to reserve a pick up time between 9:30-11:30am.



## HOLIDAY COOKIE EXCHANGE

Tuesday, December 15 at 1:00pm

Order a box of festive holiday treats to enjoy at home. Curbside pick up starts at 1:00pm behind Caryl Community Center. Thank you to our volunteer bakers! RSVP to COA to reserve your cookies.

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

# VIRTUAL PROGRAMS

## VIRTUAL COOKING CLASSES

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

### Monday, November 16 at 3:00pm - Mexican Cooking

Learn some authentic Mexican dishes that are simple and delicious and are certain to warm your kitchen. Dishes include Carne Asada Burritos with tender, juicy beef and Chicken Enchilada Casserole with Tomatillo Salsa--a one dish meal and Guacamole. End with Sopapillas-a New Mexican fried flatbread traditionally drizzled with honey.

### Monday, December 7 at 1:00pm - Holiday Baking Class

Celebrate the holidays with healthy Carrot Ginger Soup and pillowy Braided Egg Bread, known as "cloud bread" in Roberta's house. Create a decadent dessert of Chocolate Raspberry Pavlova. Join us to learn some tricks and try these recipes on your own.



## WILDLIFE IN YOUR BACKYARD

### Wednesday, December 16 at 10:00am on Zoom

Speaker: Joy Marzolf, Naturalist and Educator at The Joys of Nature

From birds to mammals and beyond, a wide variety of animals may visit backyards in the Dover area. What animals are you most likely to see in fall and winter? Join us to learn about the local wildlife, as well as occasional visitors and what brings them to our neighborhoods. Email [coa@doverma.org](mailto:coa@doverma.org) for Zoom meeting information.

## COFFEE WITH TOWN ADMINISTRATOR

### Friday, November 20 at 11:15am via Zoom

Connect with Town Administrator Chris Dwelley to hear updates on Town projects, such as the Community Center Building, and other Town issues. Email [coa@doverma.org](mailto:coa@doverma.org) for the Zoom meeting information.

## SENIOR COFFEE AND CHAT via Zoom

### Friday, December 4 & 18 at 11:15am

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, program suggestions, or a favorite memory. We can still connect from a distance! Email [coa@doverma.org](mailto:coa@doverma.org) for the Zoom meeting info.

## LIFETIME LEARNING: Social Justice in America

### Tuesdays, 10:30-12:00Noon

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

Classes meet via Zoom

Sponsored by The Friends of Dover COA

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.

Contact COA at [coa@doverma.org](mailto:coa@doverma.org) to register for virtual programs.

# COMMUNITY UPDATES



## BOARD OF HEALTH NEWS

### Thanksgiving

Because of the rising number of COVID-19 cases in Massachusetts and elsewhere, the Massachusetts Department of Public Health and the Dover Board of Health recommend celebrating with your immediate household this year. Travel and household mixing can easily lead to COVID transmission. Please help us protect our community and keep our schools open! Follow the link to the Massachusetts Department of Public Health guidance about Thanksgiving for more information about minimizing the risk of COVID spread over the holiday.

<https://www.mass.gov/news/thanksgiving-during-covid-19>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

### Important Reminders:

- Please remain vigilant. Don't assume that you and others around you are COVID negative!
- Wear a mask when you are out in public
- Stay 6 feet away from individuals who aren't part of your household
- Clean your hands frequently
- Avoid social gatherings
- If you must be with others outside your household, wear a mask, stay at least 6 feet apart, and remain outdoors
- Plan to have a flu shot this fall
- If you have symptoms that could be consistent with COVID, even if mild, seek testing and avoid contact with others while symptomatic and while awaiting your test result (<https://www.mass.gov/covid-19-testing>).
- If you are contacted by the Public Health Nurse as part of a contact trace, please answer the call and participate fully. It helps our community stay healthy, and it is also required by law. The Public Health Nurse keeps all records confidential.

## DOVER TOWN LIBRARY NEWS

Curbside service is available. Visit the library website at [www.dovertownlibrary.org](http://www.dovertownlibrary.org) for instructions on how to place holds on your account and schedule a pick up day and time. Returns may be dropped off at the book drop all day, at any time. If you prefer to schedule a pick up over the phone, please call the Library at 508-785-8113, ext 2, Monday-Friday from 10am-5pm.

### Upcoming Virtual Programs

**Thursdays at 7:30pm, Nov. 12-Dec. 17 (6 sessions) - Meditation and Mindfulness**

Learn different meditation techniques weekly to reduce stress, anxiety, and to promote connection, community and peace to all. The 30 minute class will start with an intro, a guided meditation practice and end with a Q&A/community share. Amy Rutledge is a certified meditation instructor.

**Wednesday, December 16 at 4pm - Virtual BINGO**  
Join us for a fun-filled afternoon of BINGO.

**Wednesday, December 16 at 7pm - Swinging Holiday Hits from the Great American Songbook**

The Ted Powers Trio celebrates the season with festive tunes such as Let It Snow, Sleigh Ride, Winter Wonderland and other favorites. Join via Zoom and enjoy the pre-recorded concert and a reception afterwards to talk with the musicians and raise a holiday toast.

**Go to <https://dovertownlibrary.org> to register for a virtual program.**

## THANK YOU TO CRAIG HUGHES

After 45 years of service with Dover's Fire and Highway Departments, Fire Chief and Superintendent of Streets Craig Hughes is retiring in November. Thank you, Craig, for your many years of dedication and service in taking care of Town residents and especially for your kindness in helping the senior citizens of Dover. Best wishes on your retirement!

## THANK YOU TO TOWN CLERK

Ninety percent of Dover's registered voters participated in the November election. Thank you to Town Clerk Felicia Hoffman, her staff, and team of election workers for an amazing job of managing absentee and vote by mail ballots, early voting and a safe Election Day during a pandemic.

# SUPPORT AND ASSISTANCE

## OUTREACH CORNER

By Nan Vaida, RN, COA Outreach Worker

### Family

Webster's dictionary defines "family" as "a group consisting of parents and children living in a household." We all know this is a very narrow definition of "family" in our culture. Today, the meaning of "family" is really up to you!

With the holidays and colder weather rapidly approaching, we are all concerned and perhaps even upset that we will not be able to share this lovely part of the year personally with those that are close to us. Covid-19 has asked all of us to find a broader definition of family and be creative in how we stay in contact with each other.

There are people in our day to day lives who qualify as family now. It may be the friend down the street who brings an occasional meal to someone who can't get out. It could be the person in the library who's gotten to know your literary tastes so well that they can suggest books they know you will enjoy. It could be a volunteer bringing groceries to your home. Yes, they are now part of your new family.

Your family may be all the folks wanting to stay healthy with you via Chair yoga or Zumba online. Perhaps you've created a family group via your church or walking group. Have you attended any COA tent events, teas, or senior coffees? Your family may be the folks you see at the COA Grab and Go or Farm Stand for fresh veggies and bread. They are the faces and voices that let you know you are important to them.

Your new family member may be that person who calls you just to say, "How are you? Do you need anything? I feel the same way." Ask them the same question and complete the circle--they need you as family, too.

Our holidays are going to be challenging as our state's viral risk level fluctuates. Plan now for how you will reach out safely to family and friends. You could go on a neighborhood walk and wave. You may want to drop a note in a mailbox to compliment a neighbor on holiday decorations. In fact, this may be the year to take out your old holiday card list and send out your greetings.

Please keep in touch with COA friends as well. We are more than happy to help you keep connected as we move forward through this uncertain time. We are your family, too!

### 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 for a confidential consultation.

### 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. Call soon as appointments fill up quickly!

### SAND FOR SENIORS

The Men's Breakfast Group from The Dover Church will prepare and deliver buckets of sand/salt to Dover seniors in this annual program generously funded by Friends of Dover COA. To receive a bucket of sand/salt (complete with lid and scoop) for your steps and walkway, call the COA or email [coa@doverma.org](mailto:coa@doverma.org). Buckets will be delivered on Saturday, December 12.

### 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

# CALENDAR

## NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 4:30pm Stretch on Zoom	3	4 1pm Ukulele Zoom	5	6 10:15am Chair Yoga Zoom
9	10 9:30am Board Meeting on Zoom 1pm Puzzles/Books at Caryl	11 1pm Ukulele Zoom VETERAN'S DAY	12 1pm Farm Stand/Bread at Caryl	13 10:15am Chair Yoga Zoom
16 3pm Mexican Cooking on Zoom	17 10:30am LL - Social Justice Zoom 1pm Thanksgiving Grab & Go at Caryl	18 10am Nutrition/Sleep Zoom 1pm Ukulele Zoom	19	20 10:15am Chair Yoga Zoom 11:15am Town Admin Coffee Zoom
23	24 10:30am LL - Social Justice Zoom	25 1pm Ukulele Zoom	26 THANKSGIVING DAY 	27
30				



Thank You  
Veterans

# DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30am Board Meeting Zoom 10:30am LL - Social Justice Zoom	2 1pm Ukulele Zoom	3	4 10:15am Chair Yoga Zoom 11:15 Coffee Chat Zoom
7 1pm Cooking on Zoom	8 10:30am LL - Social Justice Zoom 1pm Holiday Grab & Go at Caryl 2pm Mindfulness Zoom	9 1pm Ukulele Zoom	10 1pm Farmstand/Bread at Caryl	11 10:15am Chair Yoga Zoom
14	15 10:30am LL - Social Justice Zoom 1pm Holiday Cookies at Caryl	16 10am Wildlife in Backyard Zoom 1pm Ukulele Zoom	17	18 10:15am Chair Yoga Zoom 11:15 Coffee Chat Zoom
21	22	23 1pm Ukulele Zoom	24	25 CHRISTMAS DAY
28	29	30	31 NEW YEAR'S EVE 	

## SATURDAY EVENTS

December 5  
9:30am Police Holiday Brunch

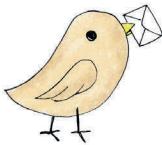
December 12  
10am Sand Buckets for Seniors

# CALENDAR

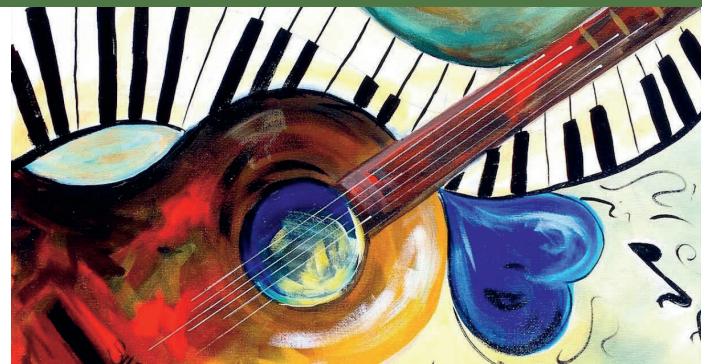
# CREATE AND CONNECT

## PEN PALS NEEDED

Are you interested in having a high school student as a local pen pal by handwritten note or by email? Please call the



COA or email [coa@doverma.org](mailto:coa@doverma.org) to sign up. We have members of the DSHS Community Service Club excited to make connections with our Seniors!



## CHICKERING GROWS

Chickering GROWS is a Dover PTO sponsored initiative that encourages students, teachers, as well as COA members, to learn about gardening while connecting with the Chickering community. Students and seniors grew zinnias together this fall and posted photos, comments and questions on the Chickering GROWS Padlet. This winter, we will be growing Amaryllis and learning about bulbs. Amaryllis are impressive, winter-blooming bulbs that produce long stems and big, brightly colored flowers. Learn more at [www.doverpto.org/chickering-grows](http://www.doverpto.org/chickering-grows). If you are interested in a winter kit, please call or email Volunteer Coordinator Annemarie Thompson at [athompson@doverma.org](mailto:athompson@doverma.org). If you have questions about the program, contact Jamie Godfrey, Chickering GROWS Coordinator at [jamiecgodfrey@gmail.com](mailto:jamiecgodfrey@gmail.com) and/or Kim Hall, PTO Community Outreach at [community@doverpto.org](mailto:community@doverpto.org).

## KNITTING TOGETHER

We are still recruiting knitters and crocheters to connect virtually while remaining safe at home. If you want to chat with friends while you knit/crochet, please email the COA at [coa@doverma.org](mailto:coa@doverma.org). Keep Calm and Knit on!

## CONNECT WITH MUSIC, ART AND FRIENDS

We know you miss attending concerts, visiting museums and enjoying lunch with friends. Thanks to COA Board members Camille Johnston and Joanne Connolly for compiling information on virtual events and reserved events.

See websites noted below for details.

### Wellesley College Virtual Concert series

Go to [wellesley.edu/music/concertseries](http://wellesley.edu/music/concertseries) for concert info and dates. Email [isabel.fine@wellesley.edu](mailto:isabel.fine@wellesley.edu) for concert tickets

### Rockport Music in Rockport; [rockportmusic.org](http://rockportmusic.org)

978 546-7391

Shalin Liu Performance Center; [info@rockportmusic.org](mailto:info@rockportmusic.org)

- Dec 4 Saxophonist Alexa Tarantino quartet

- Jan 1 Guy Fishman, cello, and Ian Watson, Harpsichord
- Jan 29 Dover Quartet performing Shostakovich Quartet No. 8 and Brahms Quartet in C minor

### Boston Symphony Orchestra; [bso.org](http://bso.org) 617-266-1200

- Free online streaming of BSO, Boston Pops and Tanglewood; select BSO at Home: Listening at [bso.org](http://bso.org)
- on YouTube concerts weekly
- Holiday Pops \$30.00 starting Nov. 19 every other Thursday until Dec. 19 streaming concerts. Email for tickets to [customerservice@bso.org](mailto:customerservice@bso.org)

### Isabella Stewart Gardner 617-566-1401

- Timed entry tickets online at [information@isgm.org](mailto:information@isgm.org)
- Exhibit info at [www.gardnermuseum.org](http://www.gardnermuseum.org)

### DeCordova Sculpture Park and Museum

51 Sandy Pond Rd in Lincoln; 781-259-8355

- Virtual exhibition and advanced time tickets for sculpture gardens

### Museum of Fine Arts in Boston

617-267-9300 or 800-440-6975; [mfa.org](http://mfa.org)

- Monet and Basquiat Exhibits. Advance time tickets needed to visit museum

### Eustis Estate Museum and Study Center

1424 Canton Ave, Milton; 617 994-6600

Sat Dec 5 from 10am-3pm

Victorian Holiday Market, advance tickets needed

### Hammond Castle in Gloucester; 978-283-2080; Timed

admission from 9:30am-3:00pm, [hammondcastle.org](http://hammondcastle.org)

### Dining Under A Tent

- Wayside Inn in Sudbury; 978-443-1776. Outdoor canopy seating; reservations needed.
- Dunn-Gaherin's Food and Spirits, Newton; 617-527-6271. Dining from 4:00-9:00pm; reservations required.
- Primavera Restaurant in Millis, 508-376-2026; 5:00-9:00pm; reservations required.

# 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 are also on Dover Sherborn Cable TV. Search for Yoga classes at [www.dsctv.com](http://www.dsctv.com) and enjoy a chair or mat yoga class. To RSVP, email [coa@doverma.org](mailto:coa@doverma.org) or call 508-315-5734. Collection of class fees are suspended at this time. Keep Moving and Stay Safe!



## CHAIR YOGA

Instructor: Tracy Buckley, RYT

Fridays, 10:15-11:00am via Zoom videoconference

Or View on Dover Sherborn Cable TV to stream video

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.

## GENTLE MAT YOGA

Instructor: Tracy Buckley, RYT

View on Dover Sherborn Cable TV to stream video

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

## STRETCH AND FLOW

Mondays, 4:30-5:20pm

Classes suspended until January 2021.

## STRENGTH & STABILITY (S&S)

Tuesdays 4:30-5:20pm

Thursdays, 7:15-8:05am

Classes suspended until January 2021.

## ZUMBA GOLD

Saturdays, 10:45-11:30am

Classes suspended until January 2021.

Try a virtual class at a neighboring COA while temporary classes are arranged. Andria will return in 2021!

## WALKING PROGRAMS

You may be participating in virtual fitness classes. Have you considered 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 Sue Kelliher at [coadirector@sherbornma.org](mailto:coadirector@sherbornma.org) for details.
- Dover Open Space Committee holds guided walks on Dover's conservation lands for experienced walkers. Contact [amoot@doverma.org](mailto:amoot@doverma.org) for dates/locations and intensity level of walk.

Keep moving and stay healthy!

## 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! 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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### Thomas Upham House

519 Main St. Medfield, MA  
(508)359-6050

### Victoria Haven

137 Nichols St, Norwood, MA  
(781)762-0858



For more information

[www.rehabassociates.com](http://www.rehabassociates.com)

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# EXTRA! EXTRA!

## 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 stay connected 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).

**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.

## **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, 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.



**MARY ANN MORSE**  
HEALTHCARE CORP.  
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**Thank you on behalf of the Dover COA  
for your support of our newsletter**



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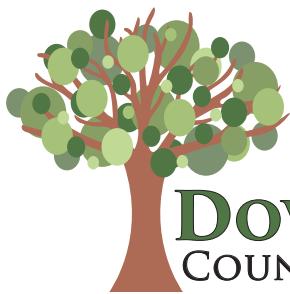
**Anna Bohlin**  
603.475.1115  
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**Martha Bohlin**  
508.944.4580  
[martha@robertpaul.com](mailto:martha@robertpaul.com)

*As a mother-daughter team, and long-time residents of Dover, we have been selling real estate for over 20 years and would love to help you with buying or selling. We will happily assist you navigate the real estate process!*

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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

November 10 at 9:30am  
December 1 at 9:30am  
Meetings held via Zoom video conference

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

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### 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

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