

BRIGHT HORIZONS

TOWN OF DOVER



JULY & AUGUST

2013

Email: coaeditor@doverma.org

Telephone: 508-785-0032 x246

JULY LUNCHEON– SUMMERTIME SOCIAL

Tuesday July 9th, 12:00 Noon Caryl \$4.00

RSVP by July 6th

Join us for a light lunch and Ice cream sundaes.
Please bring a used book for our annual
book swap for summer reading.



PLANNING FUTURE PROGRAMS

WITH PARK & RECREATION - Serving Pizza & Salad

Tuesday, July 16th 12:00 Noon

Kraft Hall, Dover Church-RSVP by July 12th

Come meet Mark Ghiloni, New Assistant Director
and share your ideas on how the COA and P&R can
Collaborate on activities for seniors.

CIRCLE OF FRIENDS LUNCHEON

Tuesday, July 23th -1:00PM-Grace Church

RSVP by July 19th 508-785-0032 Ext. 246

TANGLEWOOD TRIP–

Sunday, August 4th

\$105/Person

Our popular day trip to
Tanglewood returns! We will leave
Dover Town Garage in the morn-
ing, have lunch at the Red Lion Inn
in Stockbridge and head to
Tanglewood to listen to a concert
by cellist Yo Yo Ma and the Boston Symphony Or-
chestra. The cost of the trip will be \$105 per person
(includes transportation, lunch and concert tick-
et). Call the COA to reserve your spot! Seating is
limited.



POWISSET PICNIC

Friday, August 9th, 12:00 Noon at Powisset Farm

Please join us for annual picnic with Sherborn COA.
Bring your sandwich and we will provide drinks,
desserts, and salads.

SAVE THE DATES

PLEASE VISIT THE BOOTH OF THE FRIENDS OF THE COA AT THE DOVER DAYS FAIR

The Friends of the Dover COA will have a booth at the Dover
Days Fair, **September 21st**. They will be selling \$25.00 gift
certificates for Honey Baked Ham products. 50% of all proceeds
go to the Friends to support COA programs and services.

DOVER DAYS FAIR

Saturday, September 21st.

PEABODY ESSEX MUSEUM-FABERGE' EXHIBIT

Friday, September 20th

(More information and prices TBA)

BEWARE OF SCAMS

There's a scam going around where a call comes ,
you answer and someone says I am an Officer of the
Court (or something similar) and you missed coming
for jury duty. Your response is but I didn't get any
notice. They say well it was sent and begin to get all
your identifying information for "verification". This
is when you hang up. Courts correspond by mail.
This scam has been around a long time but making

COA MOVING TO CARYL COMMUNITY CTR

The COA will be moving to the Caryl Community Ctr.
in September. Please bear with us during July &
August as we prepare for the move. We will be
moving activities there , so please check our calendar
in September.

CERAMICS CLASS

MONDAY, July 15th - Fireside Room/ Town Hall
PLEASE CALL FOR MORE INFORMATION

PROGRAMS & SERVICES

COUNCIL ON AGING BOARD MEETING

Tuesday, July 2nd 10:00AM Fireside Room

PAGETURNERS BOOK CLUB - Book for September - Time Keeper by Mitch Albom

Thursday 1:00PM - Dover Library

FOOT DOCTOR CLINIC (By Appointment - \$30.00)

Date: Wednesday August 28th 9:00 - 11:00AM UTH

Appointments are required and a check payable to Dr. William Cooper in the amount of \$30 is due at the time of appointment. COA - 508 785 0032 Ext. 246

Future Dates: October 23rd.

SHINE COUNSELOR

If you need to speak with a SHINE counselor, please contact the COA .

BLOOD PRESSURE CLINIC - WALPOLE VNA

Friday, July 19th Caryl Blue Room -12:00Noon

No Blood Pressure in August

AFTERNOON TEA -

Red, White & Blue Duct Tape Tea-

Make a Patriotic Book Mark

Friday, July 19th 12:30PM -Caryl Blue Rm.

No Tea in August

SENIOR COFFEE HOUR

Friday, July 26th & August 30th 8:00AM

Fireside Room



NO CRAFTS OR UFO IN JULY OR AUGUST.

BOCCE BALL- JOIN US EVERY FRIDAY

Every Friday at 10:00AM -Note: Change of site
Outdoor Court at The Center at Medfield for July &

CERAMICS CLASS

Monday, July 15th, 10:00AM - Fireside Rm/ Town Hall

Come and pick a piece of pottery and paint it!!

Please call for more information and if you are interested you may sign up

August

BRIDGE—DROP-IN BRIDGE

If you are interested in getting together for a bridge game, please give us a call - 508-785-0032 Ext. 246

LEARN TO PLAY MAH JONGG -

NO MAH JONGG JULY & AUGUST

(Will resume in the fall)

KNITTING -MEETS EVERY MONDAY

Mondays-1:00PM-Caryl Blue Room

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



THROUGH THE GARDEN DOOR PAMPAS GRASS (Erianthus Ravennae)

A plant that makes a bold statement in my garden is pampas grass. This ornamental grass will grow 8' wide and the plumes reach up to 13' feet! This is a plant to think about seriously before planting in your garden as it requires not only an area where it can be allowed to spread but the plumes need to be staked so they don't fall over in heavy winds. I have counted over 20 plumes on one plant! After 10 years, it will start to die in the center. Fortunately, it is easily divided and I now have it growing in 3 locations -- one of which is next to my house but out of the wind. It prefers full sun but will take some shade. In the fall, the plumes can be cut and added to flower arrangements. This is a plant well worth considering for your garden especially if you have an area that needs to be filled.

COA BOARD MEMBERS

Betty Hagan, Chair
Jane Hemstreet
Alice Baranick, Treasurer
Jeanne Gavrilles
Barbara Murphy
Lou Theodos, Vice Chair
Maureen Dilg
Cara Groman
Gilbert Thisse

COA STAFF MEMBERS

Janet Claypoole, Director
Carl Sheridan, Outreach Worker
Sue Sheridan, Administrative Assistant/Editor
Nancy Simms, Volunteer Coordinator

FUN & FITNESS PLEASE JOIN US....

(NO YOGA IN AUGUST)

YOGA FOR WELLNESS - (For All Ages)

CARYL COMMUNITY CENTER - 2ND FLOOR

Wednesdays 9:30AM – 10:30AM

(No Yoga on Mondays in July)

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 .



EXERCISE CLASS

Tuesday & Thursday 9:30AM \$3.00

Upper Town Hall

Come and join our exercise class! Men and women are welcome to attend. Wear comfortable clothing and bring water.



CHI GONG - ALL

WELCOME...

Mondays 5:30PM Library Community Rm.

**Wednesdays 1:00PM- Caryl Community Ctr.
Blue Room**

Anyone, regardless of age or physical ability, can practice Chi Gong.

Come join us and bring a friend!!

(Donations accepted)



DOVER SENIOR TRANSPORTATION SERVICE

If you need a medical or other local ride, give it a try. Better than a taxi at the fraction of the cost.

COST OF LOCAL RIDES EACH WAY:

\$30.00 for a 10 punch ticket provides trip to:

- ♦ Needham, Dedham Medical, Natick, Medfield & Wellesley 2 punches each way (equaling \$6.00 each way).
- ♦ Framingham, Holliston, Newton-Wellesley Hospital 3 punches each way (equaling \$9.00 each way).
- ♦ Sudbury & Waltham 4 punches each way (equaling \$12.00 each way)
- ♦ Within Dover 1 punch each way (\$3.00 each way)

NOTE: THESE RATES DO NOT INCLUDE TIPS

COST OF MEDICAL RIDES TO BOSTON:

(ONLY MEDICAL RIDES TO BOSTON)

- ♦ \$20.00 one way (Does not include Tips)
- ♦ \$40.00 round trip
- ♦ You can purchase the tickets at the COA.
- ♦ Once you have purchased your ticket, call JFK and give them the information. (you must give a 48 hr. notice for Boston)
- ♦ Hours of service: 7:00am to 5:00pm Monday through Friday
- ♦ If you have any questions, please call us at

MWRTA SHUTTLE BUS TO BOSTON MEDICAL CENTERS

The Metrowest Regional Transit Authority on Tuesdays and Thursdays provides a shuttle bus to the following Boston medical centers: VA West Roxbury, VA Boston, NE Baptist, Beth Israel, Joslin Clinic, Dana Farber, New England Deaconess and Brigham and Women's. The cost of the bus is \$2.00 each way. The Shuttle will stop to pick up registered riders both on in-bound and outbound trips. The shuttle can be boarded at the MWRTA facilities on Route 135 in Framingham (just over the Natick line) or Park & Ride is available at Natick VFW Post 1274, 113 W. Central St. You must be pre-registered in order to use the shuttle. Please call the MWRTA at 508-820-4650 for further information or visit

www.mwrta.com

DOVER COA—JULY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No Crafts or UFO In July & August 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR	2 9:30AM - Exercise – UTH 10:00AM - COA Board Meeting –FS	3 9:30AM- Yoga Caryl 2nd floor 1:00PM Chi Gong Caryl Blue Rm	4 HOLIDAY	5 10:00AM –Bocce Medfield COA Outdoor Court
8 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR	9 9:30AM - Exercise – UTH 12:00Noon - Summertime Social Luncheon Caryl	10 9:30AM- Yoga Caryl 2nd floor 1:00PM Chi Gong Caryl Blue Rm	11 9:30AM - Exercise – UTH 1:00PM Pageturners Library	12 10:00AM –Bocce Medfield COA Outdoor Court
15 1:00PM—Knitting - Caryl Blue Rm 10:00AM—Ceramics Class—FS Room 5:30PM Chi Gong- Library CR	16 9:30AM - Exercise – UTH 12:00Noon-Pizza with Park & Rec.-Dover Church, Kraft Hall	17 9:30AM- Yoga Caryl 2nd floor 1:00PM Chi Gong Caryl Blue Rm	18 9:30AM - Exercise – UTH	19 10:00AM –Bocce Medfield COA Outdoor Court 12:00Noon Blood Pressure—Caryl 12:30PM-Tea-Caryl
22 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR	23 9:30AM - Exercise – UTH 1:00PM Circle of Friends Lunch— grace Church	24 9:30AM- Yoga Caryl 2nd floor 1:00PM Chi Gong Caryl Blue Rm	25 9:30AM - Exercise – UTH	26 8:00AM - Sr. Coffee - FS Rm 10:00AM –Bocce Medfield COA Outdoor Court
29 1:00PM—Knitting - Caryl Blue Rm 5:30PM Chi Gong- Library CR	30 9:30AM - Exercise – UTH	31 9:30AM- Yoga Caryl 2nd floor 1:00PM Chi Gong Caryl Blue Rm	FS=Fireside Rm —Town Hall Library CR = —Community Room Caryl —Caryl Community Ctr. UTH—Upper Town Hall	

MACULAR DEGENERATION **CAN DIET & VITAMINS HELP?** **(AMD.ORG)**

You've been hearing a lot about vitamins to "reverse" macular degeneration or a diet that can prevent it. The truth is that although we know a great deal about what seems to be helpful, no one has the whole answer. Beware of companies that claim to have a "cure" or a supplement to reverse macular degeneration. There is no research to support this type of "miracle". The good news is that valid scientific research DOES show that your diet can affect your eyes. And, if you have macular degeneration, there is a proven supplement that may slow down the progression and the vision loss.

Eat Lots of Vegetables and Fruits Antioxidants protect against oxidation, which is a part of the process of AMD. Dark green leafy vegetables like spinach, kale, mustard greens and collard greens contain high levels of lutein, a critical antioxidant. Eat Fish, people who eat fish 2-3 times a week have a lower risk for AMD. Fish contain omega-3 which seems to be a critical nutrient for the heart and eyes. The best fish are either wild salmon or small fish like sardines. If you cannot tolerate fish or obtain it easily, an omega-3 supplement is another option. Fish oil capsules are widely available.

Limit Your Fat Intake In reviewing studies on fat, researchers found that while the amount of fat consumed makes a difference, the real issue for AMD is the amount of saturated fats in the diet. The biggest source of saturated fat is animal products - beef, lamb, pork, lard, butter, cream, whole milk and high fat cheese. Plant oils also have saturated fat, including coconut oil, cocoa butter, palm oil and palm kernel oil. Read the labels on processed foods and baked goods, as they often have high amounts of saturated fats.

Ask Your Doctor About Supplements If you have intermediate AMD already, your doctor may recommend taking a supplement that has been proven to slow the progression and vision loss from AMD. The Age-Related Eye Disease Study (AREDS) was a 10 year study of 3500 people with AMD. The AREDS formula did not prevent AMD and was not effective in people with early AMD. But for those with intermediate AMD, it slowed the progression by 25% and slowed the vision loss by 19%. This is a high dose vitamin, so you should only take it if your doctor recommends it. You should also inform all your doctors of every supplement or herbal remedy you use. Additional research findings have led scientists to consider changing the AREDS formula. The level of zinc has been thought to be too high and we now know more about lutein, zeaxanthin and omega-3. We don't have any evidence that a particular vitamin prevents macular degeneration. However, there is good research on lutein, zeaxanthin, omega-3. If your diet is very low in these substances, you might ask your doctor about taking supplements. They have been proven to have an effect on other body systems, like the heart, circulation and skin.

ON THE LIGHT SIDE

MODERN DEFINITIONS

- **CIGARETTE**: A pinch of tobacco rolled in paper with fire at one end and a fool at the other!
- **MARRIAGE**: It's an agreement wherein a man loses his bachelor degree and a woman gains her master.
- **DIVORCE**: Future tense of Marriage
- **CONFERENCE**: The confusion of one man multiplied by the number present
- **TEARS**: The hydraulic force by which masculine will power is defeated by feminine water-power!
- **CONFERENCE ROOM**: A place where everybody talks, nobody listens and everybody disagrees later on.
- **SMILE**: A curve that can set a lot of things straight
- **OFFICE**: A place where you can relax after your strenuous home life
- **YAWN**: the only time a married man gets to open his mouth
- **ETC**: A sign to make others believe that you know more than you actually do
- **EXPERIENCE**: The name men give to their mistakes
- **ATOM BOMB**: An invention to bring an end to all inventions
- **PHILOSOPHER**: A fool who torments himself during life, to be spoken of when dead
- **DIPLOMAT**: A person who tells you to go to hell in such a way that you actually look forward to the trip.
- **MISER**: A person who lives poor so that he can die rich
- **FATHER**: A banker provided by nature

FUNNY INSURANCE CLAIMS

- *"The car in front hit the pedestrian but he got up so I hit him again"*
- *"In an attempt to kill a fly, I drove into a telephone pole."*
- *"I started to slow down but the traffic was more stationary than I thought."*
- *"On approach to the traffic lights, the car in front suddenly broke."*
- *"I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment."*
- *"I didn't think the speed limit applied after midnight."*
- *"Coming home, I drove into the wrong house and collided with a tree I don't have."*
- *"The pedestrian had no idea which way to run as I ran over him."*
- *I was on my way to the doctor with rear end trouble when my universal joint gave way causing me to have an accident."*

PLEASE JOIN US ON THE UPCOMING TRIPS

TANGLEWOOD TRIP- FEATURING CELLIST

YO-YO MA (See front page for information)

Sunday, August 4th

PEABODY ESSEX MUSEUM-FABERGE' EXHIBIT

Friday, September 20th

OFFICE HOURS -

MONDAY - FRIDAY 9:00AM - 4:30PM

(JUNE—AUGUST CLOSE AT 1:00PM ON FRIDAYS)

EMAIL: COA@DOVERMA.ORG

508-785-0032 Ext. 246

www.doverma.org

Select Council on Aging under Dover quick links
dlinkslinks

**IF YOU ARE INTERESTED IN FINDING OUT HOW THE FRIENDS SUPPORT THE COA, PLEASE
VISIT US ON OUR WEBSITE www.coafriends.org**

FRIENDS OF THE DOVER COA

NAME _____ PHONE _____

ADDRESS _____ EMAIL _____

ENCLOSED IS MY DONATION OF \$ _____

IN MEMORY OF _____

IN HONOR OF _____

Mail form to Friends of the COA, PO Box 130, Dover MA 02030 .

Visit us at www.coafriends.org



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

Return Service Requested

Council on Aging
Town House Box 250
Dover MA 02030