



OXFORD'S COUNCIL CHATTER



**MARCH
2022**

TOWN MANAGER

Jennifer Callahan

DIRECTOR

Laura Wilson
Notary Public

STAFF MEMBERS

Deb Bayer
Deb King
Cindy Nagle
Janet Stoica

**COUNCIL ON AGING
BOARD MEMBERS**

Joyce Nilson
Chairman

Robert Krasinskas
Vice Chairman

Carolyn Merson
Secretary

Carole Fegreus
Karen Erickson
Jody Williams
Rose Wing

The COA board meets
every 2nd Thursday of
the month

COUNCIL ON AGING/SENIOR CENTER

323 Main Street, Oxford, MA 01540

Tel: 508-987-6000 email: seniorcenter@oxfordma.us



**Daylight savings time begins on Sunday,
March 13th ~~ set your clocks ahead 1 hour!**

March brings about the start of spring, and there's always a buzz in the air around the change of season. The days are getting longer, and summer finally feels like it's on the way again. March also is the month known for coming in like a lion and leaving like a lamb. We know all too well that our weather can go from mild to freezing all in the same day! The crocuses will bring us a bit of color with the assurance that there will be more flowers to come.

We hope now that the weather is getting better, and the COVID cases are down that you will come join us for lunch or an activity.

HOURS
Monday through Friday
8:30 AM—3:30 PM

Laura, Deb, Cindy

March quiz: "March is the time of year when animals start waking up from what????

February's question was: "According to custom, what happens if the groundhog sees its shadow on February 2nd?"

The correct answer was **"6 more weeks of winter"** provided by Jean Bello. Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on March 18th .



SAVE A TREE & POSTAGE

Would you be willing to receive your monthly newsletter via email?? If so, please call the Senior Center to add to our growing list of email recipients.

NEED A RIDE ?????

The Oxford Senior Center van is available to our seniors and the disabled. You can travel within Oxford for grocery shopping, the post office, hairdresser, pharmacy, etc. The fare is \$1.75 one way. Call 508-987-6000 to schedule your ride 48 hours in advance

The WRTA van is utilized for your out-of-town doctor appointments. You need to register with them by calling 508-752-9283.

****** OXFORD FOOD SHELF ******

Located @ the Community Center - 4 Maple Rd — (508)987-1062

The Food Shelf is open to indoor shopping on Thursdays from 4:30PM to 6:30PM. For your safety all volunteers and all clients, including children over the age of two, will be **REQUIRED TO WEAR MASKS** when entering the Community Center and the Food Shelf.

Clients will be allowed to shop twice a month.

Any Oxford family can come for food!

**“YOUNG AT HEART CAFÉ”
MARCH LUNCH MENU**



**Lunches will be served Tuesdays and Fridays from
12:00 PM to 12:30 PM**

(Takeout meals MUST be picked up by 12:30PM)

RESERVATIONS A MUST !!

Please call 48 hours in advance to order a meal (please call the Friday before for Tuesday meals and the Wednesday before for Friday meals)

\$ 4.00 dine in / \$ 5.00 take-out

~~~~~

**Tues, 3/1: Chicken Jambalaya w/ Rice, Garden Vegetables and King's Cake**

**Fri, 3/4: Crunchy Fish, French Fries, Cole Slaw and Fruit w/ Sherbet**

**Tues, 3/8: Steak & Cheese Grinder w/ Onions & Peppers, Tomato & Cucumber Salad, Chips and Birthday Cupcake**

**Fri, 3/11: Stuffed Shells, Tossed Salad, Italian Bread and Pudding w/ Whipped Topping**

**Tues, 3/15: Corned Beef & Cabbage Dinner, Bread and Mint Brownie**

**Fri, 3/18: Chicken Parmesan w/ Ziti, Italian Vegetable, Italian Bread and Cannoli**

**Tues, 3/22: Crabby Cake w/ Cocktail Sauce, Tater Tots & Onion Rings and Gingerbread w/ Whipped Topping**

**Fri, 3/25: Salisbury Steak w/ Gravy, Mashed Potatoes, Peas & Onions, Bread and Cookie**

**Tues, 3/29: Baked Fish w/ Crumb Topping, Mashed Potatoes, French Green Beans, Dinner Roll and Fruited Jell-O w/ Whipped Topping**

|                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Please inform your server staff if you have a food allergy.</li><li>• Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.</li></ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



# SNOW DAY!

The Senior Center will be closed if the schools are closed in Oxford. If you are unsure if we are open or not, please call before going out. We want our seniors to stay home safe if the weather is bad!!!!

## **MARCH BIRTHDAYS !!! HAPPY BIRTHDAY TO OUR SENIORS!**

Donna Burd, Robert Richard, Beatrice Stanley, Carol Sheldon, Pauline Butler, Thelma Cazeault, Richey Fields, Michael Roy, Marina Duteau, Doris Genduso, Rosalie Allen, Donald Fafard, Annette Mitchell, Frances Shivick, Judith Bowes, Laura Zoldak, Edward Cox, Rose Ann Ljunggren, James Powell, Laura Wilson, Francis Scholl, Susan Seibel, Michael Plante, Thomas Palermo, Ronald Daigle, Dennis Lamarche, Mary Worster, Robert Goddard, Francis Blanchard, Brenda Daniels, Sheila Conroy, Francis Mathurin, Melissa Moldover, Donna Bowler, Paula Meszaro, Elizabeth Champoux, Janice Gagner, Victor Boin, MaryLou Crowley, Nancy Bray, Irene Grigas, Ronald Fisher, Geraldine Yetter, Beverly Pattee, Denis Fleming, Kathleen Dalianis, Eugene MacKay, Robert Valentino, Ronald DeSantis, Akaraporn Pridemore, Robert Pelletier, Thomas Soter, Anna Peltier, Gail Cummings, Linda Wassell, Linda LaFleche, Joseph Goulet Jr, Christopher George, Dolores Lyons, Nicholas McGray, Angela Bolio, Linda Hester, Marie McArdle, Alice Weagle, Paul Miles, Inge Clem, Patricia Tudor, Diane Cortis, Sandra Shahnarian, Patricia Bullen, John Reckner, Antonietta Algieri, Gail O'Brien, Richard Bergeron, June Pelletier, Janet Dibenedetto, Irene Dabrowski, Carole Brozowski, Joseph Riordan, Eleanor Booth, Donald Lusignan, Ronald Twine, Joseph Consolie, Robert Delia, Gary Kemp, Christine Sotek, Alma Morrow, Fayrene Marquis, Charles Boyle Jr, Constance Tagg, James Denning, Janet Stoica, Eloise Laramee, Marjorie Wilson, Linda Brennan, Donna Stoliker, Roger Bacon, June Choiniere, Dorothy Caplette, Joseph Beaulieu, Norbert Cloutier, Jeanne Levasseur, Paul Boris, Nancy Marsan, Kathleen Ramsey, Phyllis Jablonski, Anthony Abruzzise, Theresa Stone, Francis Paquin, Paul Geoffrion, Dennis Power, Kenny Donnelly, Carol Dunkerton, Diane Archambault, Louise Mason, Frances Worthington, Peter DePierri, James Dwyer, Nelson DeJesus, David Farrar, Nancy Lesley, Peter Bolduc, Rachelle Cloutier, Nancy LeFebvre, Gail Juzukonis, John Herard, Irena Russell, John Fagone, Stanley Larson, Patricia Metcalf, Jack Grill, David Wilson, Peter Chaplain, Patricia Merson and Arthur Brule.

Our Senior Book Club meets the first Friday of each month.

Our next meeting is **APRIL 1, 2022 @ 12:30PM**.

Our book pick is: **TO KILL A MOCKINGBIRD** by Harper Lee.

The explosion of racial hate in an Alabama town during the Depression is viewed by a little girl whose father defends a black man accused of rape.

Please come join us.

Call the Oxford Public Library at 508-987-6003 and reserve a book!

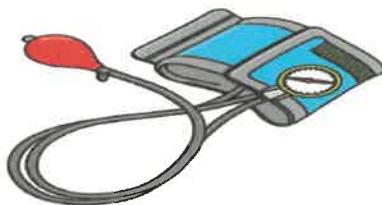
**FREE MOVIE on March 11th @ 12:45PM**

**“THE BUCKET LIST”**

Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime.



Oxford Fire Department / EMS will be at the Senior Center on **Tuesday, March 1st @ 11AM** for a **FREE Blood Pressure Clinic**



~ AND ~



**Friday, March 18th @ 12:30PM** for an educational presentation.



## Fiscal Year 2022 Semi-Annual Actual Real Estate & Personal Property Tax Bills

Mailed on 12/31/2021

Due Date: 4/01/2022

### 2022 Excise Tax Bill Commitment #1

Mailed on: 2/11/2022

Due Date: 3/14/2022



*Bills can either be paid IN PERSON, ONLINE, BY MAIL, or DROPBOX located at the front and back of Town Hall.*

---

## REAL ESTATE PROPERTY TAX RELIEF—PERSONAL EXEMPTIONS

### WHO MAY QUALIFY ????

1. Senior citizens age 70 or over (must meet certain criteria w/ regard to income/assets)
2. Widows/Widowers (must provide documentation of assets)
3. Disabled Veterans (with at least 10% disability as certified by the Veterans Agent)
4. Blind Persons (Blind Certificate required from Massachusetts Commission for the Blind)

Please contact the Assessors Office @ 508-987-6036 option 3 for more information if you feel you may qualify for any of the above Tax Relief Programs.

?????? Health Insurance Questions ??????

Kaye from SHINE will be holding ZOOM appointments on the 3rd Wednesday of each month. Her next appointment day is March 16th. Appointment times are: 9AM / 10AM / 11AM / 1PM and 2PM.  
Call the Senior Center to schedule an appointment



~~~~~  
Creating a Caring Community: A
Presentation on Eliminating Bullying
and Creating a Safe Environment

March 29th @ 12:30PM

~~~~~  
BUS TRIPS ARE RETURNING FOR 2022

 Silver **FOX** Tours  
Motor Coaches

Watch your APRIL newsletter for more information



## NEWS FROM SHINE: March 2022

### Need Help with the cost of Prescription Medications Do you hit the “donut hole”?

Prescription Advantage is a state-sponsored prescription drug program administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs for seniors and people with disabilities. Joining this program can help with your prescription costs.

Prescription Advantage is available to Massachusetts residents who are:

- Age 65 or older, eligible for Medicare, and have a gross annual household income less than \$64,400 for a single person or \$87,100 for a married couple.
- If your annual household income is below \$38,640 for a single person and \$52,260 for a married couple you get Prescription Advantage at NO COST.
- 65 years of age or older and not eligible for Medicare, or
- Under age 65, work no more than 40 hours per month, earn no more than the maximum of \$24,214 for a single person or \$32,750 for a married couple.

Individuals with comprehensive MassHealth programs or MassHealth Buy-In programs, also known as Medicare Savings Programs (MSP) are not eligible for Prescription Advantage.

Prescription Advantage members are entitled to a one-time Special Election Period (SEP) each year that allows members to join or switch their Medicare drug plan outside of Medicare's open enrollment period. THIS WILL HELP IF YOU ARE ERRONOUSLY ENROLLED IN A PLAN OR YOU NEED TO CHANGE YOUR PLAN DURING THE YEAR FOR ANY REASON!

You may apply for Prescription Advantage online, by phone, or by mail.

To apply online, go to [www.prescriptionadvantagema.org](http://www.prescriptionadvantagema.org)

To apply by phone, call 1-800-243-4636 and press 3

To apply by mail, send the completed application and copies of your required documentation to:  
Prescription Advantage P.O. Box 15153 Worcester, MA 01615-0153 or fax to 508-793-1133

---

SHINE (Serving the Health Insurance Needs of Everyone) funded through the federal agency, Administration for Community Living and administered through the Massachusetts Executive Office of Elder Affairs. Certified counselors are available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans.

To make an appointment; call your local Senior Center, or in Central Mass call the Regional SHINE Office at 508-422-9931. If outside of Central Mass call 1-800-243-4636, press option 4. A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail. We also offer excellent resources online through our website at [www.shinema.org](http://www.shinema.org), our Medicare 101 webinars, and our Facebook page: [SHINE Central MA](https://www.facebook.com/shinecentralma).



## Worcester County District Attorney's Office Joseph D. Early, Jr.

### Community News Brief: March is National Nutrition Month

National Nutrition Month is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to overall well-being. Nutrition is about eating a healthy balanced diet so your body will get the proper nutrients it needs to function. Nutrition is an important component of lifestyle regardless of age, and it may be a factor in the prevention of some diseases including osteoporosis, high blood pressure, heart disease, type 2 diabetes, and even certain cancers.

#### **What makes it harder for me to eat healthy as I age?**

- Change in homelife such as suddenly living alone or change in the home environment
- Health problems that make it harder for you to cook or feed yourself
- Difficulty with mobility
- Medications that may alter appetite, cause gastrointestinal issues, or change how food tastes
- Change in income
- Change in sense of smell or taste
- Problems chewing or swallowing your food

#### **What steps can I take to maintain a healthy diet?**

- Eat foods that are nutrient-dense, without lots of extra calories. This includes foods such as fruits and vegetables, whole grains like oatmeal, fat-free or low-fat dairy products, seafood, lean meats, poultry, eggs, beans, nuts, and seeds
- Pick foods that are low in cholesterol and fat. This includes avoiding/limiting fried foods, and food from fast-food restaurants.
- When dining out, choose from the lighter side of the menu. If the portions are large, limit yourself to half the meal and save the rest for later.
- Avoid empty calories. This includes foods that are limited in their nutritional value including chips, candy, baked goods, soda, and alcohol.
- Try a meal kit program, prepackaged meals can assist with portion control.
- Drink lots of liquids, especially water.
- Be physically active. If you notice you do not have an appetite, exercise is a great way to boost the feeling of hunger.

#### **How can I maintain a healthy eating schedule?**

- Organize some potluck meals or cook with a friend. You can also look into meals offered by senior centers or religious organizations to avoid eating alone.
- If you are having difficulty chewing, make an appointment to see your dentist.
- If you are having difficulty swallowing, make an appointment with your healthcare professional and try drinking plenty of fluids with every meal.
- Add healthy, easy snacks to your diet throughout the day.
- If an illness is making it hard for you to cook your meals, check with your health care provider regarding resources such as meal delivery or occupational therapy.



# Saint Patrick's Day

March 17

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| J | Q | Y | E | S | H | A | M | R | O | C | K | G | B | I |
| S | J | E | L | U | N | T | D | K | Z | R | X | T | I | V |
| M | L | W | I | Y | K | B | B | E | C | L | O | V | E | R |
| M | E | B | M | D | Y | B | I | X | J | D | I | U | Q | A |
| B | P | B | E | K | A | P | N | R | U | U | L | R | E | I |
| B | R | H | R | G | U | N | N | V | E | B | T | L | G | N |
| Y | E | A | I | E | O | C | C | Y | K | L | S | S | L | B |
| Q | C | Y | C | D | Z | L | P | E | H | I | A | U | V | O |
| G | H | Q | K | A | Z | C | D | E | B | N | C | N | L | W |
| H | A | I | A | R | X | V | M | Y | L | K | E | C | D | B |
| F | U | B | B | A | X | E | Z | F | A | E | B | H | J | H |
| V | N | E | K | P | R | M | L | B | R | P | R | A | C | E |
| J | Z | P | D | A | J | M | N | G | N | P | Q | R | J | R |
| P | P | N | L | E | E | J | D | I | E | P | A | M | X | B |
| Q | O | D | R | Z | E | M | H | Q | Y | M | M | V | H | I |

BLARNEY  
CHARM  
CLOVER  
DANCE  
DUBLIN  
EMERALD

GOLD  
GREEN  
IRELAND  
ISLE  
LEPRECHAUN  
LIMERICK

LUCK  
MARCH  
PARADE  
RAINBOW  
SHAMROCK



# MARCH 2022 ~ OXFORD SENIOR CENTER

| Monday                                                                                   | Tuesday                                                                                                        | Wednesday                                                               | Thursday                                                                               | Friday                                                                                                  |
|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 1<br> | 2<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br><b>FREE</b> BLOOD PRESSURE<br>CLINIC 11AM<br>LUNCH 12:00PM  | 3<br>PITCH LEAGUE 1PM TO 3PM                                            | DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                           | 4<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br>BOOK CLUB 12:30PM              |
| 7<br>CRIBBAGE 10AM TO 12PM<br>SCRABBLE 10AM TO 12PM<br>MONDAY NIGHT PITCH 5PM            | 8<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                                               | 9<br>PITCH LEAGUE 1PM TO 3PM                                            | COUNCIL MEETING 9:30AM<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM | 11<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br><b>FREE</b> MOVIE 12:45PM<br>"THE BUCKET LIST" |
| 14<br>CRIBBAGE 10AM TO 12PM<br>SCRABBLE 10AM TO 12PM<br>MONDAY NIGHT PITCH 5PM           | 15<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                                              | 16<br>SHINE – ZOOM<br>APPOINTMENTS 9AM – 2PM<br>PITCH LEAGUE 1PM TO 3PM | DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                           | 18<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>FIRE DEPARTMENT<br>PRESENTATION 12:30PM        |
| 21<br>CRIBBAGE 10AM TO 12PM<br>SCRABBLE 10AM TO 12PM<br>MONDAY NIGHT PITCH 5PM           | 22<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                                              | 23<br>PITCH LEAGUE 1PM TO 3PM                                           | DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                           | 25<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br>BEANO 12:45PM                 |
| 28<br>CRIBBAGE 10AM TO 12PM<br>SCRABBLE 10AM TO 12PM<br>MONDAY NIGHT PITCH 5PM           | 29<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br>DISTRICT ATTORNEY<br>PRESENTATION 12:30PM | 30<br>PITCH LEAGUE 1PM TO 3PM                                           | DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                           | 31                                                                                                      |