



OXFORD'S COUNCIL CHATTER



**AUGUST
2023**

TOWN MANAGER
Jennifer Callahan

DIRECTOR
Laura Wilson
Notary Public

STAFF MEMBERS
Deb Bayer
Deb King
Cindy Nagle
Janet Stoica
Don Joubert

**COUNCIL ON AGING
BOARD MEMBERS**
Robert Krasinskas
Chairman

Joyce Nilson
Vice Chairman

Carolyn Merson
Secretary

Carole Fegreus
Karen Erickson
Jody Williams
Rose Wing

The COA board meets
every 2nd Thursday of
the month

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

COUNCIL ON AGING/SENIOR CENTER

323 Main Street, Oxford, MA 01540
Tel: 508-987-6000 Email: seniorcenter@oxfordma.us



The Senior Center will be **CLOSED**
Wednesday, August 16th

SERVICES FOR OUR SENIORS

Transportation Assistance (IN Town and OUT of Town)

Lunch (Tuesday & Friday)

SNAP (Food Stamps) & Fuel Assistance

Housing Application Assistance

RMV Renewal

SHINE

Medical Equipment Loan

Blood Pressure Clinics

Notary Services

Printing / Faxing

Computer Use

From the Director's Desk.....



We haven't had much of a summer with all the rain. Hope you have been able to get out on the nice days.

There are still plenty of concerts planned @ the Town Bandstand thru the end of the month. Every Sunday (weather permitting) from 3PM—5PM. Grab your chair, a snack and a drink head down and ENJOY the music!

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Our next Intergenerational Program will be held at the [Community Center](#) on [Thursday, August 17th @ 11AM](#) (flyer enclosed)

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We will be hosting a six (6) week workshop on "My Life, My Health" sponsored by Tri-Valley

It will be held on [Mondays September 11th ~ October 23rd ~ 12:30PM to 3PM](#)
(No class on October 9th)

Workshop is perfect for individuals living with a Chronic disease
Space is limited. Call the Senior Center (508-987-6000) to reserve your seat!



11) Laura



"YOUNG AT HEART CAFÉ"

AUGUST 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

MENU SUBJECT TO CHANGE DUE TO FOOD SHORTAGES/AVAILABILITY

**** PLEASE NOTE ITEMS MAY NEED TO BE CHANGED UNEXPECTEDLY ****

Tuesday, 8/1: Tuna Salad Sandwich on White Bread w/ Lettuce, Tomato and Pickles, Chips and Whoopie Pie

Friday, 8/4: Cheese Manicotti w/ Sauce, Garden Salad, Italian Bread and Frozen Novelty Treat

Tuesday, 8/8: Chicken Caesar Salad, Pita Bread and Birthday Cupcakes

Friday, 8/11: Stuffed Peppers, Mashed Potatoes, Buttered Carrots, Bread and Lemon Cake

Tuesday, 8/15: Strawberry Bacon Blue Cheese Salad, Dinner Roll and Fresh Baked Cookie

Friday, 8/18: Crabby Cakes w/ Cocktail Sauce, Tater Tots, Cole Slaw and Fruited Jell-O w/ Topping

Tuesday, 8/22: Chicken Cordon Bleu Sandwich, Chips, 3 Bean Salad and Fresh Fruit Cup

Friday, 8/25: Italian Sausage Grinder w/ Peppers & Onions, Chips and Pudding Parfait

Tuesday, 8/29: Egg Salad Sandwich on Wheat Bread w/ Lettuce, Tomato and Pickles, Chips and Fruit Turnover

- Please inform our staff if you have a food allergy.**
- Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.**

Our Senior Book Club meets the first Friday of each month.
Our next meeting is *FRIDAY, September 1st @ 12:45PM.*

Our book pick is: "Remarkably Bright Creatures" by Shelby Van Pelt

An exploration of friendship, reckoning, and hope, tracing a widow's unlikely connection with a giant Pacific octopus. After Tova Sullivan's husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up.



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 on Thursdays from 4:30PM to 6:30PM
for OXFORD residents

Masks are no longer required, instead masks are optional for volunteers and clients.

Clients are encouraged to bring there own reusable shopping bags -
bring reusable bags and have your name entered into a raffle.

[There is plenty of FRESH produce available](#)

Clients are allowed to shop twice a month



"Oxford's Old-Timer's"

MEN's Coffee Group

Wednesday, August 9th @ 10:30AM

***** PLEASE NOTE TIME CHANGE *****

The idea of this group is to be a casual, fun and informative atmosphere.

There will be coffee, pastry and conversation!

AUGUST BIRTHDAYS !!!

Patricia Donnelly, Georgia Bedard, Dorothy Dunn, Christine Abrahamson, Beverly Comptois, Dorothy Lucier, Anthony Troiano, Linda Vigeant, Lana Demeritt, Cynthia Peloquin, Cecelia Kelley, Paula Goddard, Karen Erickson, Nancy Scholl, Nancy Mott, Robert Lane, Carolyn Merson, Mary O'Leary, Antonia Muscetta, Robert Nystrom, Alice Mandella, Skip Peterson, Marion Rood, Maryann Hamilton, Stephen Galeckas, Teresa Harackiewicz, Barbara Hall, Gail Skrip, George Scott, Jean Gutierrez, Nadine Dileo, Gladys Rogowski, Terrence Cummings, Louise Skamarock, Debra O'Coin, Susen Falcone, Richard Plante, Richard Kisten, Peter Shaw, Claire-Ann Gervais, Kathleen Perreault, Russell Rheault, Don Place, Barbara Saponaro, Marilyn Mahoney, Charlotte Peterson, Eleanor Clifford, John Sullivan, Lawrence Jandrow, Armond Morneau, Mary Andersen, Melvin Ross, Mary Bird, Gail Bunch, Kenneth Cote Sr, James Stout, Maureen Kosel, Jeanette Merulla, Barbara O'Brien, Mary Anne Anderson, Geraldine Gervais, Claire LeBlanc, Nancy Harding, Eleanor Friend, Barbara O'Reilly, Christine Chaplain, Linda Mason, Janice Auger, Alma Bates, Sharon McGuinness, Lawrence Crowley, Barbara Driscoll, Gerda Rusnica Sr, JoAnn Cedrone, Anthony Allen Jr, Diane Kuszewski, David Gallant, Judith Beland, Karen Cowperthwaite, Janet Locke, Ann Champagne, Margery Partridge, Nancy Elliott, Patricia Curtis, Janice Selby, Patricia Lambert, Mary Ann Healy, Walter Bird, Robert Jennings, Robert McCarthy, William Brodeur, Eugene Dionne Sr, Robert Carter, Mary Baxter, Carol Amell, Donna Ferreira, Deborah Muller, Paul Malesky, Gloria Leofanti, Andrea Holbrook, Barbara Willar, Martha Rheault, Ann Potter, Marlene Gevry, Helen Fenuccio, Arthur Laramee, Theresa Casasanta, Roger Paul, Pam Leonardi, Karen Cox and Margaret Madore

Outreach.....

Senior Center Outreach Coordinator Cindy Nagle is available Tuesdays, Thursdays and Fridays to offer free confidential information and referral services on aging related issues. Cindy can also help with a variety of paperwork, including SNAP (formerly Food Stamps), Fuel Assistance, Mass Health applications, etc.



Please call the Senior Center @ 508-987-6000 to make an appointment for assistance.

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## More Walking Tips!

- Start slowly on your walking journey. It's OK to walk 10 minutes 3 times daily instead of one 30 minute walk.
- Can you carry on a conversation with a friend while walking?  
If not, you're probably pushing too hard so slow your pace.
  - Aim for daily physical activity.
- Make sure your posture is correct: head is up and looking forward; neck, shoulders and back are relaxed and not stiff; arms are swinging freely with slight bend at elbows; rolling your foot from heel to toe; and stomach muscles are slightly tightened!
  - Walk slowly for 5-10 minutes as you begin
    - Pick up pace after the initial warm up
- Walk slowly for 5-10 minutes to help muscles cool down
  - Do gentle stretches to help your muscles relax
- Join our Friday morning walk program starting at 9am!



## FREE MOVIE MATINEE

Friday, August 11th @ 12:45PM

*"The Way Way Back"*

Duncan is an awkward teen who must spend the summer at a beach house with his mother, her boyfriend, Trent, and Trent's obnoxious daughter. Trent can't resist badgering Duncan, so the youth steals away to a water park and gets a job that will help him stay off Trent's radar. As Duncan tends to the slides and pools of the aging park, he finds a father figure in wisecracking park manager Owen (Sam Rockwell) at a time when he desperately needs one.



M&M's and Popcorn will be served



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NATIONAL ROOT BEER FLOAT DAY



Monday, August 7th
12PM—1PM

We will have both regular & diet Root Beer

RSVP by August 4th



AUGUST quiz: What is the most popular brand of Root Beer?

July's question was: "What year was the Declaration of Independence adopted"

The correct answer was "1776". The correct answer was provided by Ray Gero. Please call the office to enter your answer. All correct answers will be entered into a drawing.

We will draw our next winner on August 15th

Winner gets four (4) FREE lunch tickets!!

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## **SHINE COUNSELING**

**One-on-one appointments available with Kaye.**

**Call the Senior Center to schedule an appointment.**

**Trained SHINE volunteers offer FREE counseling on all aspects of health insurance to seniors.**







Birthday Cupcakes ~ Anonymous  
BJ's ~ donation of bottled water  
Cash Donation ~ Anonymous

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Are you or do you know someone who is a “live-in” caregiver?

**Come talk to Jeff from Careforth on Tuesday, August 8th
anytime between 9:30AM and 12:30PM**

Careforth is about adult family care, serving those that are underserved across all of MA, CT, and RI in the northeast states.

Many families can benefit from Careforth AFC by supporting the caregiver and can decrease their stress and financial strain. Careforth also focuses on fall prevention, decreasing unnecessary hospitalizations, and reducing ED visits.

Careforth eligibility criteria:

1. Caregiver must reside with your patient
2. Patient has or is eligible for MassHealth Standard or MassHealth CommonHealth, SCO, ACO, OneCare
3. FEW can be an avenue to obtain MassHealth Standard, which then meets AFC eligibility
4. Patient must be 16+ years, who cannot safely live alone due to medical, physical, cognitive or behavioral health difficulties
5. Caregiver must be age 18+ years (MA legal guardian or MA legal spouse ineligible to receive tax-free payment and paid time off)
6. Caregivers are fully vetted (free by Careforth) in background check, Criminal Offender Report Information (CORI), and Sex Offender Registry Information (SORI)
7. Patient has one (1) affected Activity of Daily Living (ADL)—requiring reminders or supervision (toileting, transferring, dressing, ambulation, eating, bathing)

"STRENGTH & BALANCE"

Classes every Tuesday morning @ 9:15AM

Increase your strength and balance with small weights, balls, stretch bands and light exercise



Class taught by Donna Freeland,
Certified Silver Sneakers Instructor

The cost will be \$3.00 per class

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# "CHAIR YOGA"

Classes every Wednesday morning @ 9:15AM

Class taught by Heidi Gambaccini

Certified Yoga Instructor

The cost will be \$3.00 per class



## **We are happy to start offering “Options Counseling” at the Senior Center**

**Join us on Tuesday, August 15th @ 12:30PM for a brief presentation by Brittany Ruiz from Tri-Valley**

### **What is the “Options Counseling Program?”**

Options Counseling is a free service. It can help an older person, an adult of any age with a disability, their family members, or caregivers make decisions on supportive services if they don't know where to turn. Finding help with personal care, household chores, transportation, nutrition or medication management, can be challenging.

The choices can feel overwhelming. Do I:

- move in with family
- enter a nursing home
- apply to an assisted living facility or
- remain at home, with help

Options Counselors can provide information on the range of resources available and ensure that you, your family or caregiver understand the options, can make an informed choice, and decide the next step to take.

### **Options Counseling Services**

- serve adults with a disability
- serve older adults age 60+
- are available by telephone, in-person or email/web
- can be provided at home, at an agency, a hospital, rehab or nursing facility
- provide unbiased information on long term supportive services and resources
- can be provided in one meeting or over a series of meetings
- ensure that you retain control over the process
- provide decision support and
- help determine next steps to take



BEANO will be held on  
Friday, August 25th @  
12:45PM

Join us for lunch before ~~

Call to reserve your spot for lunch \$4.00 dine in

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GET OUT YOUR SNEAKERS!!!

Come join our Walking Club every Friday
(weather permitting), FRIDAYS @ 9:00AM

safari drum circle

INTERGENERATIONAL COMMUNITY PROGRAMS

Day: Thursday, August 17th

Time: 11am-11:30am

Place: Oxford Community Center

"Echo the
Gecko"

"The Lion Sleeps
Tonight"

"Slowly said
the Sloth"




Cars

All the words are hidden vertically, horizontally or diagonally—in both directions.

R I N C R D R A O B H S A D N
O E T A R S B U M P E R I N O
O W H E E L L G L G N I N U T
D H G Y D Y E S T R T R I M S
I E I D N S S C T E R U O E I
N E L O I V E C O U P É R H P
I L E B L N I K R C R O N B P
M S K E Y N D T A O L H A E O
L L A A C G W I T R A U D S F
M I R R O R A A C N B A T O R
C E B C A R I B D A L C M C A
N U F A C D T L R S T O U R H
E R S T A O E L O I O O K F O
S P A R K P L U G R A L R A L
T E R N A S T L E B T A E S T
I V T A E S K C A B E N S O U
R P M A L G O F C E S T O F E
N E T H E A D L I G H T R G Y

AIRBAG
BACK SEAT
BODY
BRAKE LIGHT
BRAKES
BUMPER
CLUTCH
COOLANT
COUPÉ
CYLINDER
DASHBOARD
DIESEL
DOOR
FOG LAMP
HANDLE
HEADLIGHT
HORN
INDICATORS
MIRROR
PEDALS
PISTON
RADIATOR
RIMS
SEAT
SEAT BELT
SPARK PLUG
TUNING
TURBO
WHEEL
WHEELS

AUGUST 2023 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
 <u>1</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<u>1</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<u>2</u> CHAIR YOGA 9:15AM NEEDLE WORKERS 10AM CHAIR VOLLEYBALL 1PM PITCH 1PM TO 3PM	<u>3</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>4</u> WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM BOOK CLUB 12:45PM
<u>7</u> CRIBBAGE 10AM TO 12PM ROOT BEER FLOAT DAY 12PM MUST RSVP BY 8/4	<u>8</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<u>9</u> CHAIR YOGA 9:15AM MEN'S COFFEE GROUP 10:30AM NEEDLE WORKERS 10AM CHAIR VOLLEYBALL 1PM PITCH 1PM TO 3PM	<u>10</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>11</u> WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM MOVIE 12:45PM
<u>14</u> CRIBBAGE 10AM TO 12PM	<u>15</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM TRI-VALLEY PRESENTATION 12:30PM	<u>16</u> CLOSED ~~~~~ BUS TRIP	<u>17</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>18</u> WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM LET'S TALK OXFORD HISTORY—PART 3 1PM @ OLD SCHOOLHOUSE
<u>21</u> CRIBBAGE 10AM TO 12PM	<u>22</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM BP CLINIC AFTER LUNCH	<u>23</u> CHAIR YOGA 9:15AM NEEDLE WORKERS 10AM CHAIR VOLLEYBALL 1PM PITCH 1PM TO 3PM	<u>24</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>25</u> WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM BEANO 12:45PM
<u>28</u> CRIBBAGE 10AM TO 12PM	<u>29</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<u>30</u> CHAIR YOGA 9:15AM NEEDLE WORKERS 10AM CHAIR VOLLEYBALL 1PM PITCH 1PM TO 3PM	<u>31</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	