



Oxford's COUNCIL on Aging CHATTER



**MARCH
2024**

DIRECTOR

Laura Wilson
Notary Public

ASSISTANT DIRECTOR

Kristen Zamis

STAFF MEMBERS

Deb Bayer
Deb King
Cindy Nagle
Janet Stoica

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

OFFICE HOURS

Monday-Friday
8:30am to 3:30pm

SENIOR CENTER

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



***** **SAVE THE DATE** *****

Senior Health & Wellness Fair
April 11th
10AM to 2PM
@ the Senior Center

Thank You!

Birthday Cupcakes ~ Anonymous

Health & Beauty Products ~ Emmy, Matthew & Gianna

Pizza ~ P&D Pizza

From the Director's Desk.....



As I sit to write this month, I was unsure what to talk about.

I found a card on my desk one afternoon. It was a THANK YOU card. Inside someone had wrote:

“ I can't thank you enough for everything you do for us, and how you do it. You don't treat us like a bunch of old people, and you care for us individually. You enjoy being with us and I'm sure that I speak for everyone, we enjoy being with you. Thank you! Thank you! Thank you! You are one in a million and you are so appreciated”

The card was unsigned. I want to say THANK YOU to whomever left it on my desk. It made my day.

I always tell everyone, that I don't consider what I do a job, because I LOVE WHAT I DO!!

Each and every one of you mean so much to me!



A handwritten signature in blue ink that reads "Laura". The signature is fluid and cursive, with a large, stylized "L" at the beginning.



"YOUNG AT HEART CAFÉ" MARCH LUNCH MENU

Lunches are 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)

\$ 5.00 dine in / \$ 6.00 take-out

~~~~~

**Friday 3/1: Tuna Fish Sandwich, Chips, 3 Bean Salad, Cookie**

**Tuesday 3/5: Meatloaf w/Gravy, Mashed Potatoes, Peas & Carrots, Dinner Roll, S'mores Tart**

**Friday 3/8: Vegetable Lasagna, Tossed Green Salad, Italian Bread, Ice Cream (Sponsored by Webster Manor/Lanessa Extended Care)**

**Tuesday 3/12: Corned Beef, Cabbage, Boiled Potatoes, Carrots, Turnip, Pumpernickel Bread, Birthday Cupcakes**

**Friday 3/15: Seafood Salad Sandwich on White Bread, Lettuce & Tomato, Potato Chips, Pudding Parfait**

**Tuesday 3/19: Burrito, Nacho Chips, Salsa, Sour Cream, Churro**

**Friday 3/22: Egg Salad Sandwich on White Bread, Pickled Beets, Potato Chips, Brownie**

**Tuesday 3/26: American Chop Suey, Buttered Corn, Crusty Bread, Cannoli**

**Friday 3/29: Baked Fish, Scalloped Potatoes, Garden Blend Vegetables, Dinner Roll, Lemon Pie**

- 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.

## March Special Presentations



**Senior Safety w/ Oxford Fire & EMS  
"Hazardous Household Chemicals"**

**Friday, March 15th @ 12:30PM**

~~~~~

"6 Pillars of Brain Health"

Tuesday, March 26th @ 12:30PM



Be social, engage your brain, manage stress, ongoing exercise,
restorative sleep, eat right

~~~~~

**March is Massachusetts Judicial Outreach Month**

We are honored to have Supreme Court Judge Karin Bell  
join us for a presentation on  
**"Navigating the Worcester Courthouse"**



**Friday, March 29th @ 12:30PM**

Learn about the day and life of a  
Supreme Court Judge

# Live Healthy • Be Well •

Class fees are \$3.00 per session:

## **STRENGTH & BALANCE**

Tuesday mornings @ 9:15AM

Instructor: Donna Freeland/Silver Sneakers Certified

Increase your strength and balance with light exercise. Use of small hand weights, balls and stretch bands are encouraged

## **CHAIR YOGA**

Wednesday mornings @ 9:15AM

Instructor: Heidi Gambaccini/Certified Yoga Instructor

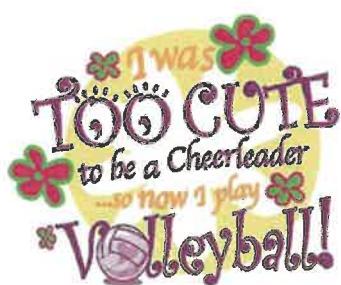
Seated yoga poses to help stretch and relax your body

\*\*\*\*\*

## **CHAIR VOLLEYBALL**

Wednesday afternoons @ 1:00PM

**FREE** activity



Only rules are to stay seated during the game and get ready to have some fun!!!



## MARCH BIRTHDAYS!

Robert Richard, Beatrice Stanley, Carol Sheldon, Pauline Butler, Steven Edwards, Deborah Beando, Thelma Cazeault, Richey Fields, Marina Duteau, Rosalie Allen, Donald Fafard, Annette Mitchell, Jeffrey Ducharme, Frances Shivick, Judith Bowes, Laura Zoldak, Edward Cox, Rose Ann Ljunggren, James Powell, Laura Wilson, Francis Scholl, Susan Seibel, Heather Sullivan, Virginia Walsh, Michael Plante, Thomas Palermo, Ronald Daigle, Dennis Lamarche, Jeannette Lamoureux, 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, Ronald Fisher, Geraldine Yetter, Denis Fleming, Kathleen Dalianis, Michael White, Marsha Davis, Ronald DeSantis, Akaraporn Pridemore, Pamela Bubon, Thomas Soter, Colleen Rea, Lisa Sheppard, Gail Cummings, Linda Wassell, Linda LaFleche, Christopher George, Nicholas McGay, Angela Bolio, Linda Hester, Marie McArdle, Inge Clem, Patricia Tudor, Diane Cortis, Sandra Shahnarian, Patricia Bullen, John Reckner, Antonietta Algieri, Gail O'Brien, Richard Bergeron, Janet DiBenedetto, Joseph Riordan, Eleanor Booth, Donald Lusignan, Ronald Twine, Robert Delia, Gary Kemp, Fayrene Marquis, Ruth Mathurin, Charles Boyle Jr, Constance Tagg, Janet Stoica, Eloise Laramee, Marjorie Wilson, Linda Brennan, Donna Stoliker, Gail Gould, Roger Bacon, June Choiniere, Dorothy Caplette, Joseph Beaulieu, James Kay, Jeanne Levasseur, Ronald Knight, Sheryl Chevalier, John Lindstrand, Paul Boris, Kathleen Ramsey, Phyllis Jablonski, Debra Dumas, Theresa Stone, Francis Paquin, Rebecca Power, Paul Geoffrion, Dennis Power, Kenny Donnelly, Diane Archambault, Edward Wojtanek, Louise Mason, James Dwyer, Pavlos Pantazis, David Farrar, Nancy Lesley, Rachelle Cyr, Nancy LeFebvre, Gail Juzukonis, John Herard, Ronald Emond, Stanley Larson, Patricia Metcalf, Jack Grill, Linda Lambert, David Wilson, Peter Chaplain and Arthur Brule



## Blood Pressure Clinic

Tuesday, March 12th @ 11AM

~~~~~



Breakfast with the Chief

Thursday, March 21st

9AM-10AM

Breakfast will be served @ 9:15

Come join us for breakfast and conversation
with Chief Daniels

Must sign up for this event

RSVP by March 15th

RESOURCES:

***NEED A RIDE???

The Oxford Senior Center Van is available to our seniors and the disabled. Rides to any TOWN buildings are FREE. You can travel within Oxford for grocery shopping, Walmart, hair appts, pharmacy & banking. The fare is \$1.75 each way for rides. 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. Client choice shopping & fresh produce is available

Masks are optional. Clients are encouraged to bring their own reusable shopping bags; if you do, your name will be entered into a raffle.

*****IMPORTANT NUMBERS*****

| | |
|------------------------|--|
| Medicare | 800-633-4227 |
| Social Security | 800-772-1213 |
| Mass Health | 800-841-2900 |
| Mass Options | 844-422-6277 |
| Tri Valley Services | 508-949-6640 |
| WCAC (Fuel Assistance) | 508-754-1176 |
| SHINE | 800-243-4636 |
| Prescription Advantage | 800-243-4636 press 2 (landline) press 5 (cell phone) |

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!

Steps to slow down the progression of Dementia

There is one more step you can take to slow down dementia: monitor and manage your health. Blood pressure, blood sugar, podiatry, hearing clinics, vision checks, and cholesterol are all important pieces of information to know and work toward improving if needed. A healthier you not only makes you feel better but also keeps your brain healthier as well. Compare the results of all your blood tests and other testing to prior visits to make sure the results are stable or have changed. It's OK and necessary to ask questions if you get results from blood tests that you don't understand. Additionally, you should know what the "normal" readings are. Take an active roll each time you go to your primary care doctor. Write down your questions before you go, make sure you understand the answers and any suggestions made by your health care provider.

It's all about YOU!

Source: Mayo Clinic



Tri-Valley Inc. Options Counselor, Brittney, will be at the Senior Center every 3rd Tuesday of the month from 12:30PM to 2:30PM

She helps with a range of resources available to help you, your family or caregiver. Options like...

Personal Care help

Household chores

Transportation options

Medication management

Nutrition advice and more

Please call the Senior Center to schedule an appointment

SHINE Counseling with Kay

Every 3rd Wednesday of the month.

What can a SHINE counselor do for you?

- Explain coverage under Original Medicare (Parts A & B)
- Review additional coverage options under Medicare supplement (Medigap), Medicare Advantage (Part C), and Medicare Part D prescription drug coverage plans
- Walk you through the enrollment process, whether you enroll at age 65 or delay enrollment because you have employer group health coverage
- Screen you for assistance programs that may help you to pay for your medical and/or prescription coverage
- Assist if you have issues with your Medicare coverage

Please call the Senior Center to schedule an appointment





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

Our next meeting is Friday, April 5th @ 12:45PM

Our book pick is: **If You ask me: (And of Course You Wont")**
by **Betty White.**

Betty White delivers a hilarious, slyly profound take on love, life, celebrity, and everything in between

FREE MOVIE MATINEE

Friday March 8th @ 12:45PM

"Amelia"



Based on an interesting story beginning in 1928
of aviation milestones achieved by the first
woman to fly solo across the Atlantic

M&M's and Popcorn will be offered

MEN's Coffee Group

Wednesday, March 13th @ 10:30AM



The idea of this group is to be a casual, fun and informative atmosphere. There will be coffee, pastry and conversation!

"Let's Talk Oxford History~



The topic will be on Greenbriar

Tuesday, March 12th

1:00PM — 2:00PM

Sponsored by the Oxford Historical Commission

BEANO

Friday, March 22nd @ 12:45PM



March Trivia Question:

"What ocean did Amelia Earhart disappear over"

February's question was "Every how many years is there a Leap Year?"

The correct answer was "Every 4 years" provided by Denise Boucher

Winner gets two (2) FREE lunch tickets

We will draw our next winner on March 19th

MARCH 2024 ~ OXFORD SENIOR CENTER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|--|---|---|
| |  | | | |
| 4 | CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM | 5 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00PM | 6 CHAIR YOGA 9:15AM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM | 7 DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM |
| 11 | CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM | 12 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00PM LET'S TALK OXFORD HISTORY 1:00PM ~ 2:00PM | 13 CHAIR YOGA 9:15AM MEN'S GROUP 10:30AM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM | 14 DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM |
| 18 | CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM | 19 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM BP CLINIC 11AM LUNCH 12:00PM OPTIONS COUNSELING 12:30PM ~ 2:30PM | 20 CHAIR YOGA 9:15AM SHINE COUNSELING APPOINTMENTS 9AM ~ 2PM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM | 21 DOMINOES 10AM TO 12PM QUILTING CLASS |
| 25 | CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM | 26 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00PM AARP 6 PILLARS OF BRAIN HEALTH 12:30PM | 27 CHAIR YOGA 9:15AM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM | 28 DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM |
| 29 | | | | STATE REP MCKENNA OFFICE HOUR 10AM – 11AM CRIBBAGE 10AM TO 12PM LUNCH 12:00PM SUPREME COURT JUDGE KARIN BELL 12:30PM |