



OXFORD'S COUNCIL CHATTER



**FEBRUARY
2023**

TOWN MANAGER
Jennifer Callahan

DIRECTOR
Laura Wilson
Notary Public

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

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** on Monday,
February 20th in observance of President's Day



EMERGENCY CONTACTS

We work closely with Oxford Fire and Police. We have had a few incidents where they needed to reach emergency contacts for some older residents. In some cases we couldn't help because we didn't have current and/or correct information. We encourage you to call us to update your Emergency Contacts, especially if you live alone or do not have family close by. This information is kept confidential and only used in the event of an emergency.

Call the Senior Center to make sure we have accurate contact information.

From the Director's Desk.....



How are those New Year's Resolutions going????

I decided this year not to make any, as most times I don't stick to them. Instead I am choosing "KINDNESS".

Please join me and help celebrate Random Acts of Kindness Week from February 14th thru February 20th. It's a celebration of all the ways we can become a positive influence in each other's lives. Even one small act of kindness can mean a great deal to somebody. The world can be selfish and cruel sometimes and not everyone receives the same kind of support they need. In such a world, it is important for us to constantly be reminded to be kind to one another and to give others hope whenever we can. A small and random gesture of kindness can go a long way. Your kindness might make a world of difference to somebody.

Next time you visit the Senior Center, please write any "kind words" you would like to share on a piece of paper and drop it into our "Kindness Basket", which will be placed in the Main Hall. If you share some "kind words", you will be given a ticket for a chance to win a FREE lunch. If you are unable to make it into the Senior Center, please feel free to call us with your "kind words" and we will place in basket for you.



“YOUNG AT HEART CAFÉ” FEBRUARY 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

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**Friday, 2/3: Baked Potato Bar w/ fixings / Dinner Roll / Fresh Baked Cookie**

**Tuesday, 2/7: Hot Dog / Baked Beans / Coleslaw / Brown Bread / Sherbet**

**Friday, 2/10: Seafood Salad Plate w/ Lettuce & Tomato / Syrian Bread / Chocolate Mousse**

**Tuesday, 2/14: Chicken Piccata / Buttered Noodles / Glazed Carrots / Dinner Roll / Birthday Cupcake**

**Friday, 2/17: Pasta Bake / Tossed Salad / Italian Bread / Hermit Cookie**

**Tuesday, 2/21: Chicken Po'boy Sandwich w/ Remoulade Sauce / Confetti Coleslaw / King's Cake**

**Friday, 2/24: Tuna Salad Roll / Coleslaw / Chips / Fruit Cobbler w/ Whipped Topping**

**Tuesday/ 2/28: Cheeseburger w/ Lettuce, Tomato, Pickles / Potato Chips / Ice Cream Sundae**

**\*\* PLEASE NOTE ITEMS MAY NEED TO BE CHANGED UNEXPECTEDLY DUE TO FOOD SHORTAGES \*\***

- 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.

**February quiz: "What is Mardi Gras also known as?"**

January's question was: "Where is Times Square located"

The correct answer was "**NEW YORK CITY**" provided by **Karen Erickson**. Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on February 15th.

Winner gets four (4) FREE lunch tickets.

## REFERRALS



We would like to update our referral list for tradesmen, handymen, housekeepers, snow plowing. If you have a positive recommendation for anyone, please let us know.

Referrals from our residents are the best source of information for the rest of the community.

Call the Senior Center @ 508-987-6000

## 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!



## "Oxford's Old-Timer's" MEN's Coffee Group

Wednesday, February 8th @ 10AM

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

There will be coffee and light breakfast goodies.

### FEBRUARY BIRTHDAYS !!! HAPPY BIRTHDAY TO OUR SENIORS!

David Boucher, Richard Hammond, Nancy Elian, Joseph Cloutier, Patricia Hickey, James Kelley, Julia Krasinskas, Mary Thompson, Ruth Bissonnette, Vasiliki Zahariadis, Barbara Sciannameo, Shirley Graveline, Ann Rossik, Suzanne Picard, June Kasprzak, Linda Harris, Rosemarie Coulard, Sandra Skeean, Jeffrey Nixon, Diane Prunier, Richard Brunelle, Rita Nystrom, Arthur Firl Jr, Beverly Vigue, James Crosbie Jr, Patricia Lafontaine, Lorraine King, Ronald Chesties, Katherine Langway, Bruce Kaseta, Jean Hagelauer, Joann Maywalt, Gerald Degnan, Carol Clouthier, Paul DeFalco, Donna Prunier, Laurence White, Paul Casavant, Kathleen McCarthy, Bruce Whittredge Sr, Charlotte Brule, Rose Fournier, Mary Lundstrom, Dorothy Millhofer, Donald Morin, Patricia Freeman, Stephen Moody, Pamela Dumas, James Casavant, Margery Gordon, Philip Warren, Norel Cronin, William Boulanger, Karen Young, Donna Butler, Ronald Gagner, Linda Saad, James Gondek, Barbara Anusauskas, Stanley Horanzy, Wayne Moulton, William Dibenedetto, Norman Bell, Nancy Yacino, Michael Cloutier, Martha Cady, Winston Grendell, Karl Tarasiak, Paul Cardone III, Barbara Constantine, Carole Denning, Marie Jacobs, Halina Ostrowska, John Eul Jr, Diann Sullivan, Gail Gilchrist, William Haddad, Sven Williamson, Debra Gomes, Michael Lehner, Arnold Caplette, Charles Berg, Irene Cierpich, Bruce Anger Sr, Sharon St Germain, George Anusauskas, Denise Boucher, Sonja Berg, Paul Kolios, Joan Luby, Susan Zaczek, Bruce Bellows, David Moiles, Douglas Hill, Roger Bostock, Maria O'Connor, George Karrat, Thomas O'Neill Jr, Ellen Collins, James Cutroni, Nancy Germain, James Triplett, Gloria Antkowiak, Janet Hebert, Timothy West, Donna Trinder, Albert Perron, Carole Morello, William McCray, Susan Coffey and Minerva Villanueva

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

Our next meeting is **March 3rd @ 12:45PM**

Our book pick is: **"The Girls in The Garden"** by Lisa Jewell

Deep in the heart of London, in a picturesque communal garden square, as a festive neighborhood party is taking place, a thirteen-year-old girl lies unconscious and bloody in a hidden corner of a lush rose garden.

What really happened to her? And who is responsible?



## CHAIR VOLLEYBALL



**EVERY WEDNESDAY @ 1PM**

We will use an inflatable beach ball so it is easy to hit, the hard part will be to keep yourself seated!!



## FREE MOVIE

**FRIDAY, February 10th @ 12:45PM**

**"The In-Laws"**

Dr. Jerry Peyser's (Albert Brooks) daughter, Melissa (Lindsay Sloane), is about to marry Mark Tobias (Ryan Reynolds). Things are going swimmingly until Jerry stumbles across some secret information: Mark's father, Steve (Michael Douglas), is a CIA operative. Fearing that Jerry will compromise his current assignment if he starts blabbing to authorities, Steve dragoons Jerry into assisting with an intercontinental mission that involves a dangerous criminal.

## **"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 certified Silver Sneakers  
Instructor Donna Freeland**



**The cost will be \$4.00 per class**

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Durable Medical Equipment



The Senior Center has a small inventory of Durable Medical Equipment for LOAN free of charge including wheelchairs, walkers, rollator walkers w/ seat, bath seats and commodes. This equipment is available for short and/or long term use. Inventory changes daily, please call the Senior Center to inquire of availability of such items if you need them.

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.

WATCH OUT FOR SCAMS

Cybercriminals entice you into providing personal data by phone, email, or clicking on seemingly innocent links that let criminals access your information on your computer! Scammers are very sophisticated ~ they pose as employees of familiar companies and drop personal details about you that make them seem legitimate. These details can be your birthday or your address ~ easy to find in an online search. Be skeptical!

Do not respond to a request for an account number or any personal information! Do not click on a link in an email! Don't trust anything that sounds too good to be true! Use different and complex passwords for every sensitive account (bank account, savings account, pension account, investment account, etc.). If somehow one of your passwords is revealed to a hacker, they can't use it for all your other accounts.

Be wary, my friends!

A handwritten signature in blue ink that reads "Cindy".

SHINE COUNSELING



One-on-one appointments available with Kaye. Call the Senior Center to schedule an appointment. Our next date is **February 15th**. Trained SHINE volunteers offer **FREE** counseling on all aspects of health insurance to seniors.

Please watch our future newsletters as we will be having a Medicare 101 Educational Meeting and MassHealth Medicare Savings (Buy-In) Program Presentation.

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**Please do not forget about us!!!**

**In appreciation of our FANTASTIC seniors  
in the Town, anyone over the age of 70  
licensing a pet the fee is **FREE!!!!****



The Senior Center will be **CLOSED** if the schools are closed in Oxford. If there is a delay in opening, all morning classes and activities will be cancelled.

If you are unsure if we are open or not, please call (508)987-6000 before going out. We want our seniors to stay home safe if the weather is bad!

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## Thank you to the following:



BJ's Wholesale—Donation of Water

Judy M—Donation of non-perishable food

St Vincent de Paul—Donation of food bags



Super Spencer—Donation of Birthday Cupcakes

# Federal Extra COVID SNAP Ending

Due to federal action, the last COVID SNAP payment is on  
March 2, 2023

## How will this impact your SNAP benefits?

Starting in April, you will only get “1” monthly payment. That is your normal benefit. Find the amount on DTA Connect or by calling 877-382-2363.

## You may be able to increase your normal SNAP benefits by telling DTA about:

- Medical costs over \$35 a month for anyone in your SNAP household who is 60 or older or has a disability
- If your housing cost have gone up (rent/mortgage), and
  - Child or disabled adult care costs



BEANO will be held on  
Friday, February 24th @  
12:45PM



Massachusetts  
Councils On Aging

## February

February is Heart Healthy Month! Did you know that heart disease is the leading cause of death among people 65 years old and over? There are many things *you can do* to keep your heart healthy. One of them is to follow a heart-healthy diet. It can be easy to make small changes to how you eat that reap big benefits to your healthy. Healthy eating is an investment in a healthy you.

The American Heart Association recommends eating:

- A wide variety of fruits and vegetables
- Whole grains or products that are a majority of whole grains
- Healthy sources of protein such as legumes, nuts, fish, seafood, low fat dairy, and lean, unprocessed poultry and meat
- Non-tropical vegetable oils, like olive oil or canola oil
- Minimally processed foods
- Minimize added sugars
- Minimize salt intake
- Limit alcohol intake

Eating this way does not prevent you from eating your favorite foods. With small modifications, your favorite meals can be made healthier.

Check out these great heart-healthy recipes: <https://recipes.heart.org/>

For more information, check out: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>



*Photo by Lesly Juarez on Unsplash*

# ★ Annual Street Listing/Census ★



**Don't forget to sign and return your  
2023 Annual Street Listing/Census  
Form**



**The Census is conducted annually in the Town of Oxford as required by M.G.L. Ch. 51, Section 4.**



Compliance with this State requirement provides proof of residence to protect voting rights, veteran's bonus, school enrollment projections, housing for the elderly and related benefits as well as providing information for selection of jurors. This form DOES NOT register you as a voter. If you are a registered voter, failure to respond to this annual census for two consecutive years shall result in the voter's name being removed from the voter's list.

## LOVING WORDS

AMOUR

ANGEL

ATTACHMENT

BEAUTIFUL

BENEVOLENCE

BRIDE

CHARMING

CRUSH

CUTIE

DATING

DEVOTION

DOTE

ENGAGED

EROS

FAIREST



GENTLE

SWEETHEART

HANDSOME

VENUS

KITTEN

WORSHIP

LOVER

YEARN

LOVING

# FEBRUARY 2023 ~ OXFORD SENIOR CENTER

| Monday    | Tuesday                                                                                                                            | Wednesday                                                                                                                                                                         | Thursday                                                                                                                               | Friday                                                                                                                          |
|-----------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
|           |                                                 |                                                                                                                                                                                   |                                                                                                                                        |                                                                                                                                 |
| <b>6</b>  | <b>CRIBBAGE 10AM TO 12PM</b><br><b>PITCH LEAGUE 4PM</b>                                                                            | <b>1</b><br><b>CHAIR VOLLEYBALL 1PM</b><br><b>PITCH LEAGUE 1PM TO 3PM</b>                                                                                                         | <b>2</b><br><b>DOMINOES 10AM TO 12PM</b><br><b>QUILTING CLASS</b><br><b>12:30PM TO 2:30PM</b>                                          | <b>3</b><br><b>CRIBBAGE 10AM TO 12PM</b><br><b>ADULT COLORING 10:30AM</b><br><b>LUNCH 12:00PM</b><br><b>BOOK CLUB 12:45PM</b>   |
| <b>7</b>  | <b>STRENGTH &amp; BALANCE</b><br><b>NEEDLE WORKERS 10AM</b><br><b>ADULT COLORING 10AM</b><br><b>LUNCH 12:00PM</b>                  | <b>8</b><br><b>"OXFORD OLD-TIMERS"</b><br><b>MEN'S COFFEE GROUP</b><br><b>10AM</b><br><b>CHAIR VOLLEYBALL 1PM</b><br><b>PITCH LEAGUE 1PM TO 3PM</b>                               | <b>9</b><br><b>COA BOARD MEETING 9:30AM</b><br><b>DOMINOES 10AM TO 12PM</b><br><b>QUILTING CLASS</b><br><b>12:30PM TO 2:30PM</b>       | <b>10</b><br><b>CRIBBAGE 10AM TO 12PM</b><br><b>ADULT COLORING 10:30AM</b><br><b>LUNCH 12:00PM</b><br><b>FREE MOVIE 12:45PM</b> |
| <b>13</b> | <b>CRIBBAGE 10AM TO 12PM</b><br><b>PITCH LEAGUE 4PM</b>                                                                            | <b>14</b><br><b>STRENGTH &amp; BALANCE</b><br><b>9:15AM</b><br><b>NEEDLE WORKERS 10AM</b><br><b>ADULT COLORING 10AM</b><br><b>LUNCH 12:00PM</b><br><b>PODIATRY - BY APPT ONLY</b> | <b>15</b><br><b>SHINE COUNSELING</b><br><b>APPOINTMENTS 9AM - 2PM</b><br><b>CHAIR VOLLEYBALL 1PM</b><br><b>PITCH LEAGUE 1PM TO 3PM</b> | <b>16</b><br><b>DOMINOES 10AM TO 12PM</b><br><b>QUILTING CLASS</b><br><b>12:30PM TO 2:30PM</b>                                  |
| <b>20</b> | <b>CLOSED</b>                                                                                                                      | <b>21</b><br><b>STRENGTH &amp; BALANCE</b><br><b>9:15AM</b><br><b>NEEDLE WORKERS 10AM</b><br><b>ADULT COLORING 10AM</b><br><b>LUNCH 12:00PM</b>                                   | <b>22</b><br><b>CHAIR VOLLEYBALL 1PM</b><br><b>PITCH LEAGUE 1PM TO 3PM</b>                                                             | <b>23</b><br><b>DOMINOES 10AM TO 12PM</b><br><b>QUILTING CLASS</b><br><b>12:30PM TO 2:30PM</b>                                  |
| <b>27</b> | <b>CRIBBAGE 10AM TO 12PM</b><br><b>PITCH LEAGUE 4PM</b>                                                                            |                                                                                                                                                                                   |                                                                                                                                        |                                              |
| <b>28</b> | <b>STRENGTH &amp; BALANCE</b><br><b>9:15AM</b><br><b>NEEDLE WORKERS 10AM</b><br><b>ADULT COLORING 10AM</b><br><b>LUNCH 12:00PM</b> |                                                                                                                                                                                   |                                                                                                                                        |                                                                                                                                 |