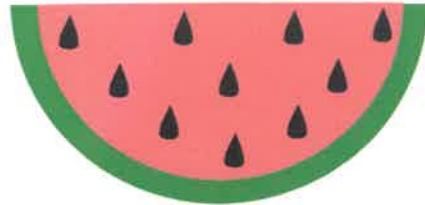




# OXFORD'S COUNCIL CHATTER



JUNE  
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** on Wednesday,  
June 21st for a Bus Trip

## 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.....



Summer time is here



Take time to get outside to enjoy the beautiful weather, go for a walk, go for an ice cream cone, hit the beach, or attend one of the concerts at our town bandstand.



"My father gave me the greatest gift anyone could give another person, he believed in me."

11) Laura

**“YOUNG AT HEART CAFÉ”**  
**JUNE 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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**MENU SUBJECT TO CHANGE DUE TO FOOD SHORTAGES/AVAILABILITY**

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

**Friday, 6/2: Chicken Cordon Bleu Croissant Sandwich / Chips / Pudding  
Parfait**

**Tuesday, 6/6: Antipasto Salad / Pita Bread / Fresh Baked Cookie**

**Friday, 6/9: Vegetable Quiche / Pickled Beets / Birthday Cupcakes**

**Tuesday, 6/13: Chicken Caesar Salad / Bread Stick / Ice Cream Sandwich  
Cake**

**Friday, 6/16: Italian Sausage Roll w/ Peppers & Onions / Waldorf Salad /  
Chips / Brownie**

**Tuesday, 6/20: Taco Salad / Tortilla Chips / Apple Cinnamon Trifle**

**Friday, 6/23: American Chop Suey / Garlic Bread / Strawberry Shortcake**

**Tuesday, 6/27: BLT Sandwich / Pasta Salad / Chips / Sherbet**

**Friday, 6/30: BBQ Chicken / Potato Salad / Buttered Corn / Biscuit /  
Watermelon**

|                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Please inform our 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> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## 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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## AMAZON'S TIPS TO PROTECT YOU FROM SCAMMERS

Amazon has initiated takedowns of more than 20,000 phishing websites and 10,000 phone numbers that were used as part of impersonation scams. They receive tips from customers like yourself who become suspicious. Each report matters! Don't be fooled by scammers trying the following tricks:

1. Be careful installing apps or software! Amazon will not ask you to install an app or download software in order to receive a refund or get customer service.
2. Never pay over the phone! Amazon will not ask you to provide payment information, including gift cards (or "verification cards" as some scammers call them) for products or services over the phone!
3. Always verify orders directly with Amazon! Amazon will not include purchased product information in order confirmation and shipping confirmation emails that they send to customers. For any questions related to an order, always check "Your Orders" on Amazon.com or via the Amazon Shopping app.
4. Be wary of false urgency! Amazon will NOT pressure you to act now. Scammers may try to create a sense of urgency to persuade you to do what they are asking.

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



## SENIOR VOLUNTEER OPPORTUNITIES

Join us for a presentation on  
**Tuesday, June 13th @ 12:30PM**

How you can make a difference in our community. Whether engaging one-on-one with other seniors, or pursuing a cause close to your heart.

*Senior Companion Volunteers* devote five to forty hours per week providing companionship and assistance to seniors who have difficulty with daily living tasks.

*RSVP Volunteers* use their expertise to serve in various activities which include supporting children, nutrition, hunger, health, wellness, hospice, and elder justice.



### Chili & Cornbread Luncheon

**Thursday, June 22nd @ 12PM**

*Must RSVP by June 15th*

**Sponsored by**



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

Our next meeting is **FRIDAY, JULY 7th @ 12:45PM**

Our book pick is: The Kitchen House by Kathleen Grissom

In 1790, Lavinia, a seven year old Irish orphan with no memory of her past arrives on a tobacco plantation where she is put to work as an indentured servant with the kitchen house slaves. Though she becomes deeply bonded to her new family, Lavinia is also slowly accepted into the world of the big house, where the master is absent and the mistress battles opium addiction.



## 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!!

## MOVIE MATINEE

**FRIDAY, June 9th @ 12:45PM**

### **"MY SECRET BILLIONAIRE"**



To satisfy his father's wish, a handsome and powerful billionaire travels to New York City poised as a working-class guy. When he meets a beautiful and down-to-earth real estate agent, he discovers that true love is something money can't buy.

**Popcorn and M&M's will be served**



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

Wednesday, June 14th @ 10:30AM

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

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

There will be coffee and goodies.

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

Rosetta Risolo, Carol Graves, Janice DeFalco, Teresa Tarasiak, Janet Fair, Frederick LeClaire, Joyce Nilson, Alma Rucci, Brian Elliott, Maureen Germain, Marguerite Gallant, Frederick Church, Francis Riordan, Marjorie Hall, Ronald Thibeault, Maureen Cowden, Russell Kobel, Donna Dumas, Amy Angell, Irene Savageau, Robert Clouthier, James Booth Jr, Victor LaPrade Jr, Nancy Gurney, Dianne Murphy, Janet Couture, Leroy Bull, Rose Larson, Joseph Galvin, Gladys Stout, Harry Williams, Norma Sweeney, Leona Brooks, Karen Hoy, Carol Kuzdzal, Patricia Clarkson, Mayrose Brown, Carol Frink, Jo-Ann Hurley, Anthony Kuzdzal, Richard Pike, Daniel Ausmus Sr, Susan DiPietro, Joseph Messina, Raymond Shivick, Cheryl Landry, Ronald Morin, Bettie Carlson, Robert Broadard, Arthur Seale, Betty Aubin, Stephen Siddall, Joyce Goulet, Carol Ann Esposito, Eulalia Prince, Pauline Dubsky, Elizabeth Copeland, Patricia McCann, Roger Shedd, Linnea Mazejka, Robert Muller Sr, Marjorie Helphenstine, Roger Wilson, Joseph Zeneski, Lucille Pollett, Erleen McCarthy, Nicholas Chomes, William Bowes, Virginia Germain-Guertin, Juana Vidot, Gary Orcutt, Barbara Wessell, Sandra Daigneault, Raymond Lentine, John Kneeland Jr, Richard Marsan, Kristin MacKay, June Caron, Janet Petit, John Laplume, Linda Balcunas, Ava Materas, Claire Huckins, Sandra Johnson, Patricia Mesrobian, Gail Gilbreath, Robert Barbour, Michael Zinkievich, Gloria Aubin, Bonny Lusignan, Charles Kenney, Alan Tarkiainen, Joan Blanchard, Cheryl Sauriol, Christine Lee, and Walter Crossman

June quiz: "What do the colors of the American Flag represent"

April's question was: "What is the official drink of the Kentucky Derby"

The correct answer was "Mint Julep" provided by [Melissa Moldover](#). Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on June 16th.

Winner gets four (4) FREE lunch tickets!!



All surveys have been mailed ~ we hope you will take the time to complete and return to us!

#### 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!



Birthday Cupcakes ~ Anonymous  
Patty M ~ Non perishable food donation  
Ellen C ~ donation of baked goods for Men's Group  
Dave C ~ donation of pastry for Men's Group  
BJ's ~ donation of bottled water

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**Join us on Thursday, June 15th @ 1PM**



**Ice Cream Social**

**MUST RSVP by June 8th**



**BEANO will be held on  
Friday, June 23rd @  
12:45PM**

**Join us for lunch before ~~  
Call to reserve your spot for lunch \$4.00 dine in**



**GET OUT YOUR SNEAKERS!!!**

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

# **“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**



## NEWS FROM SHINE: June 2023

### IMPORTANT UPDATES

#### MASSHEALTH RENEWALS ARE BACK!!

Starting April 1, 2023, MassHealth has returned to its standard annual eligibility renewal process. All 2.3 million members will be reviewed over the following 12 months. Members who need to provide information to MassHealth will receive a redetermination package in a large blue envelope.

In preparation for this, it is important that you:

- Report any address changes or status updates to MassHealth as soon as possible.
- Update MassHealth by calling the Customer Service number at 800-841-2900
- **REMEMBER!! IF MASSHEALTH CAN'T REACH YOU..THEY WILL DROP YOU**
- Open and read any communications from MassHealth as soon as it arrives in the mail
- Follow the instructions in the letter and return any forms and required documentation
- Make sure you reply well in advance of the deadline

#### DO YOU PAY \$164.90 FOR YOUR MEDICARE PART B PREMIUM?

- **THE INCOME LIMITS FOR THE MASSACHUSETTS MEDICARE SAVINGS PROGRAM HAVE INCREASED SIGNIFICANTLY AND YOU MAY BE ELIGIBLE.** The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income. The 2023 monthly Part B premium is \$164.90. If eligible, you will also be eligible for Extra Help from Social Security. This program will help pay your prescription drug costs. **You may be eligible if your income and assets are at or below these values.**

|              |                             |                  |
|--------------|-----------------------------|------------------|
| ○ Individual | Gross Income: \$2,734/month | Assets: \$18,180 |
| ○ Couple     | Gross Income: \$3,698/month | Assets: \$27,260 |

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**SHINE (Serving the Health Insurance Needs of Everyone)** has certified counselors 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. The program is federally funded and state administered.

To make an appointment, call your local senior center or call the Central Mass Regional SHINE Office at 508-422-9931. A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom), 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](#).



# Summer Bandstand Concert Series

## JUNE:

SUNDAY 3-5pm 6/25 Far From Eden

## JULY:

SUNDAYS 3-5pm 7/9 Dr. J Acoustic

7/16 Blue House Between

7/23 Stephen George

7/30 American Vernacular

THURSDAY 5-7pm 7/13 Holdin' Back Band

## AUGUST:

SUNDAYS 3-5pm 8/6 Trak Down

8/13 Hang 5 Band

8/20 DW & The Shakemakers

8/27 East West Trio

Generously sponsored by the  
**Oxford Cultural Council** and the



**Mass  
Cultural  
Council**

200

## HAVING NUMBERS

CALCULATOR

CALENDAR

CLOCK

CREDIT CARD

DARTBOARD

FLIGHT

GAUGE

KEYBOARD

ODOMETER

PAGES

PEDOMETER

PLAYING CARD

PO BOX

POOL BALL

PRICE TAG



RACEHORSE

TAX RETURN

RECEIPT

TELEPHONE

RULER

TICKET

SCALES

WATCH

TAPE MEASURE

JUNE 2023 ~ OXFORD SENIOR CENTER

