



OXFORD'S COUNCIL CHATTER



**MARCH
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



May your pockets be heavy and your heart be light.
May good luck pursue you each morning and night!

**CHANGE YOUR CLOCKS,
CHANGE YOUR BATTERIES
Sunday, March 12th
SPRING FORWARD ONE HOUR**



From the Director's Desk.....



We definitely have had a pretty good winter, and spring is just around the corner. I can't wait to see the tulips, daffodils and crocuses starting to bloom.



Check out our calendar and join us for an activity, lunch, exercise class or special presentation.

Starting in March we will be lowering our exercise class fee to \$3.00. Come try a class and make a new friend.

We would like to welcome Don Joubert to our staff. Don will be working part time driving the WRTA van.

Handwritten signature of Laura with a smiley face.

“Focus on what brings you happiness, and never stop doing it.”



"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

~~~~~

Friday, 3/3: Crabby Cake, French Fries, Pickled Beets and Fresh Cookie

Tuesday, 3/7: Salisbury Steak w/ Gravy, Mashed Potatoes, Buttered Corn, Dinner Roll and Brownie

Friday, 3/10: Vegetable Lasagna, Garlic Bread and Fruited Jell-O w/ Whipped Topping

Tuesday, 3/14: Chili w/ Cornbread, Buttered Broccoli and Birthday Cake

Friday, 3/17: Corned Beef, Boiled Potatoes, Carrots, Cabbage, Turnip, Bread and St Patrick's Dessert

Tuesday, 3/21: Chicken Parmesan, Ziti, Italian Blend Vegetables, Italian Bread and Sherbet

Friday, 3/24: Clam Chowder w/ Crusty Bread, Lemon Ice Box Cake

Tuesday 3/28: Chef Salad w/ Dressing, Pita Bread and Whoopie Pie

Friday, 3/31: Stuffed Filet of Sole, Rice Pilaf, Coleslaw and Pudding Parfait w/ Whipped Topping

**MENU SUBJECT TO CHANGE DUE TO FOOD SHORTAGES/AVAILABILITY**

- 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 **April 7th @ 12:45PM**

Our book pick is: **"The Second Mrs. Astor"** by Shane Abe'

This riveting novel takes you inside the scandalous courtship and catastrophic honeymoon aboard the *Titanic* of the most famous couple of their time ~ John Jacob Astor and Madeleine Force. Told in rich detail, this novel of sweeping historical fiction will stay with readers long after turning the last page.



## 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, March 10th @ 12:45PM**

### "MRS HARRIS GOES TO PARIS"

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior.

Popcorn and M&M's will be served



## SHINE COUNSELING

### “ MEDICARE 101 “

Kaye Pelletier, SHINE Program Assistant Regional Director will be holding “**Medicare 101**” Educational Meeting on Wednesday, March 15th @ 9:30AM at the Senior Center. This presentation will provide an introduction for people who will soon be eligible for Medicare, or retiring soon and coming off of their employer group coverage.

The information is specific to Massachusetts residents.

*The session lasts about 2 hours, including time for questions*

We will be serving a light lunch following the presentation

Please RSVP by Friday, March 10th to reserve your spot

~~~~~



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.

**THANK YOU TO ALL THAT HAVE ALREADY CALLED TO UPDATE
THEIR INFORMATION !!**

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.

~~~~~

Did you receive a call from someone stating that it is your grandchild and he/she is in trouble so you need to send money ASAP? Did you receive a check in the mail and all you have to do is to go to your bank, deposit it, and draw out a smaller amount and keep the rest? Suspicious?

Every day, seniors are being targeted by scams or frauds ~ over the phone, email, and in person. If this has happened to you or you would like to learn more or you have questions about an email or phone call you just received, call the Central MA Senior Fraud Helpline!

Their helpline volunteers are trained to identify the tell-tale signs of scams and frauds. A single call to the helpline could save your finances, alleviate anxiety, and more. The call is free! Their advice is free! So what are you waiting for? Call them @ 800-297-9760.

*Also, keep on the lookout for their presentation here at the Senior Center on Friday, April 21st.*

*Cindy*

## FRESH FLOWER ARRANGING CLASS

Thursday, March 9th @ 12:30 PM

Cost: \$15.00 CASH



MUST RSVP and PAY by March 3rd

Light refreshments will be served

~~~~~

YOU ASKED FOR IT ~~ WE FINALLY GOT IT

~~~CHAIR YOGA~~~

Join us on Thursday, March 16th @ 9:30AM for a
FREE trial chair yoga class. Class will be taught by
Crystal Daige, Certified Yoga Instructor

Regular classes will begin on Wednesday, April 5th
@ 9:30 AM

The cost will be \$3.00 per class



"Oxford's Old-Timer's"

MEN's Coffee Group

Wednesday, March 8th @ 10AM

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

There will be coffee and goodies.

MARCH BIRTHDAYS !!! HAPPY BIRTHDAY TO OUR SENIORS!

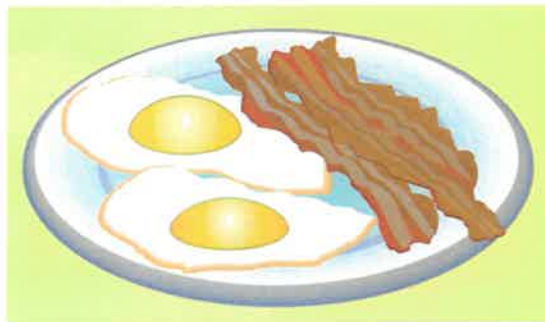
Robert Richard, Beatrice Stanley, Carol Sheldon, Pauline Butler, Thelma Cazeault, Richey Fields, Marina Duteau, Rosalie Allen, Donald Fafard, Annette Mitchell, Jeffrey Ducharme, Frances Shivick, Judith Bowes, Laura Zoldak, Edward Cox, Rose Ann Ljunggren, James Powell, Francis Scholl, Susan Seibel, Michael Plante, Thomas Palermo, Ronald Daigle, Dennis Lamarche, Mary Worster, Robert Goddard, Francis Blanchard, Brenda Daniels, Francis Mathurin, Melissa Moldover, Donna Bowler, Paula Meszaro, Elizabeth Champoux, Janice Gagner, Victor Boin, MaryLou Crowley, Patricia Ensom, Nancy Bray, Ronald Fisher, Geraldine Yetter, Denis Fleming, Kathleen Dalianis, Robert Valentino, Michael White, Ronald DeSantis, Akaraporn Pridemore, Pamela Bubon, 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, Paul Miles, Inge Clem, Patricia Tudor, Diane Cortis, Sandra Shahnarian, John Reckner, Antonietta Algieri, Gail O'Brien, Richard Bergeron, June Pelletier, Janet DiBenedetto, Irene Dabrowski, Carole Brozowski, Eleanor Booth, Donald Lusignan, Ronald Twine, Robert Delia, Gary Kemp, Fayrene Marquis, Ruth Mathurin, Charles Boyle Jr, Connie Tagg, James Denning, Eloise Laramee, Marjorie Wilson, Linda Brennan, Donna Stoliker, Gail Gould, Roger Bacon, June Choiniere, Dorothy Caplette, Joseph Beaulieu, Jeanne Levasseur, Ronald Knight, Sheryl Chevalier, Paul Boris, Nancy Marsan, Kathleen Ramsey, Phyllis Jablonski, Anthony Abruzzise, Theresa Stone, Francis Paquin, Paul Geoffrion, Dennis Power, Carol Dunkerton, Diane Archambault, Edward Wojtanek, Louise Mason, Frances Worthington, James Dwyer, Nelson DeJesus, David Farrar, Nancy Lesley, Rachelle Cloutier, Nancy LeFebvre, Gail Juzukonis, John Herard, Ronald Emond, John Fagone, Patricia Metcalf, Jack Grill, David Wilson, Peter Chaplain, Patricia Merson and Arthur Brule



"Cup of joe" with
State Representative Joe McKenna
Friday, March 17th @ 11AM

~~~~~

**FREE BREAKFAST**  
**Sponsored by Life Care Center of Auburn**  
**Wednesday, March 23rd @ 9:30AM**  
**MUST RSVP by March 16th**



## **"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 \$3.00 per class**

~~~~~

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 transfer benches
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.**

**We have a small supply of adult underwear ranging in sizes
Small to X-Large**

**Due to BOH regulations we will not longer be able to take
donations of commodes !!**



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!

~~~~~



Judy M ~ Donation of non-perishable food  
St Vincent de Paul ~ Donation of food bags  
Life Care Center of Auburn ~ dessert  
Anonymous Donation ~ \$300 towards a new refrigerator  
Anonymous Donation ~ \$100 for acts of kindness

# 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, March 24th @
12:45PM**



Worcester Registry of Deeds

Kathryn A. Toomey | Register

William F. Galvin
Secretary of the Commonwealth
Massachusetts



Join us for a presentation by the Worcester Registry of
Deeds and Register of Probate.

Tuesday, March 28, 2023

12:45PM

Presentation will give an overview about:

- * Deeds
- * Homesteads
- * Trusts
- * Estates
- * How to Probate or Protect an Estate
- * Competency & Incapacity: Who can make a decision for me if I cannot?
- * Guardianships & Receiving Long Term Care
- * Information about Worcester Probate & Family Court and resources.

There will be a question and answer session when it is done!



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 home life 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.

March quiz: "What US cookie brand trademarked its name on March 14, 1912?"

February's question was: "What is Mardi Gras also known as"

The correct answer was "FAT TUESDAY" provided by Linda Hester. 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 17th.

Winner gets four (4) FREE lunch tickets and a package of the cookie!

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!

Don't Forget Your 2023 Animal Licenses



Oxford Residents aged 70 or older are **FREE!**



If you are UNDER 70, you can use any of the following payment options:



Online Payment Option



Mail the payment to The Town Clerks Office, 325 Main Street,
Oxford, MA 01540



Put your payment in the drop box at the rear of

Town Hall



GROW NATIVE FOR POLLINATORS



Campaign Forum

Wednesday, March 29th, 6—8 p.m.

At the Oxford Senior Center, 323 Main Street

Meet the newly formed Oxford Pollinator Team and learn about their mission to promote the protection of pollinators and create healthy pollinator habitats through the use of native plantings.



POLLINATOR STATIONS

Visit with team members at various stations set up around the meeting room to learn about the many initiatives and events that are being planned. Handouts full of information about pollinators and native plants will be available as well as ideas you can implement in your own yards to help the bees and butterflies!



Guest Speaker : Ellen Scheid

Ellen will discuss the significance of pollinators, what is causing their decline and how we can help by creating native plant gardens and wildflower meadows



**SIGN UP TO VOLUNTEER WITH
US FOR ONE OR MANY UPCOMING
POLLINATOR-FRIENDLY EVENTS!**

This Forum is being hosted by the Oxford Conservation Commission.

Other Campaign Partners include the Oxford Library, Oxford Community Center, Oxford School Department, Worcester State University Faculty and Students, Oxford Girl Scouts, and Volunteers!

BOUQUET OF SPRING FLOWERS

ALLIUM

ANEMONE

AURICULA

CAMELLIA

COWSLIP

CROCUS

DAFFODIL

FOXGLOVE

FREESIA

HYACINTH

IRIS

LILAC

LILY

MUSCARI

NARCISSUS

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

PANSY

PERIWINKLE

PRIMROSE

RAMSONS

RED CAMPION


SCILLA

SNOWDROP

TULIP

VIOLET

MARCH 2023 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>1</u> CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	<u>2</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>3</u> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM BOOK CLUB 12:45PM
<u>6</u> CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	<u>7</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<u>8</u> "OXFORD OLD-TIMERS" MEN'S COFFEE GROUP 10AM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	<u>9</u> COA BOARD MEETING 9:30AM DOMINOES 10AM TO 12PM FLOWER ARRANGING \$15.00 12:30PM TO 2:30PM	<u>10</u> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM FREE MOVIE 12:45PM
<u>13</u> CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	<u>14</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<u>15</u> SHINE MEDICARE 101 PRESENTATION 9:30AM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	<u>16</u> CHAIR YOGA—FREE TRIAL 9:30AM QUILTING CLASS 12:30PM TO 2:30PM	<u>17</u> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM CUP OF JOE W/ STATE REP JOE MCKENNA 11AM LUNCH 12:00PM
<u>20</u> CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	<u>21</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<u>22</u> FREE BREAKFAST 9:30AM ~ MUST RSVP BY MARCH 15TH CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	<u>23</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>24</u> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM BEANO 12:45PM
<u>27</u> CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	<u>28</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM REGISTRY OF DEEDS & REGISTER OF PROBATE PRESENTATION 12:45PM	<u>29</u> CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	<u>30</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>31</u> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM