



OXFORD'S COUNCIL CHATTER



**OCTOBER
2022**

TOWN MANAGER
Jennifer Callahan

DIRECTOR
Laura Wilson
Notary Public

STAFF MEMBERS
Deb Bayer
Deb King
Cindy Nagle
Janet Stoica
Len Nicoletti

**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, October 10th for
Columbus Day**



IMPORTANT

SPECIAL ANNOUNCEMENTS

**There will be NO monthly movie in
October**

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**BEANO has been moved to THURSDAY,  
October 13th @ 12:45PM**

## From the Director's Desk.....



The changing of the leaves is one of the most spectacular events of October. It is also quite a draw for tourism as well. In the United States, people travel to the northeast to check out the foliage. Due to the lack of rain this summer, the leaves will likely not be as vibrant as they could be.

How about a day at the apple orchard, picking apples and eating a hot apple dumping, or apple cider donut, YUM, then going home to make apple crisp or apple pie. Your house will smell amazing.



We have a lot of fun activities and presentations scheduled this month. Come join us, you won't be disappointed.

*Laura*  
11

## **“YOUNG AT HEART CAFÉ” OCTOBER 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**



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

**Tuesday, 10/4: Baked Chicken, Mashed Potatoes, Asparagus, Cranberry Sauce, Dinner Roll and Fruited Jell-O w/ Topping**

**Friday, 10/7: Baked Manicotti, Tossed Salad, Italian Bread and Cookie**

**Tuesday, 10/11: Meatloaf w/ Gravy, Mashed Potatoes, Peas, Dinner Roll and Birthday Cupcakes**

**Friday, 10/14: Seafood Salad Roll, Tomato/Cucumber Salad, Potato Chips and Boston Cream Pie**

**Tuesday, 10/18: Shepherds Pie, Dinner Roll and Pudding Parfait**

**Friday, 10/21: Vegetable Quiche, Home Fries and Cheesecake**

**Tuesday, 10/25: Meatball Grinder, Marinated Italian Vegetables, Potato Chips and Apple Crisp w/ Topping**

**Friday, 10/28: “Halloweenies”, Baked Beans, Brown Bread, Cole Slaw and Brownie**

- 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.

## 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.



In the August newsletter, I asked you all how you feel about aging.

Here are some comments that I received:

- I've come to realize that growing old is like being penalized for a crime we haven't committed.
- I'm falling apart faster than I'm being re-built.
- The fact is that age is a very high price to pay for maturity.
- Of late, I appear to have reached that stage when people look old who are only my age.
- I feel like the "morning after" and haven't been anywhere.

Aren't those comments wonderful? So how about you submit some comments, thoughts, and feelings of your own and mail them, email them, or drop them off at the senior center and I'll put them in a future newsletter!

*Cindy*

## 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**

### It's Medicare Open Enrollment time!

A SHINE counselor will be available to assist with Medicare questions and information throughout the annual Open Enrollment Period (October 15<sup>th</sup> through December 7<sup>th</sup>).

We will host a presentation on Wednesday, October 26<sup>th</sup> at 10:00 a.m. to review Medicare information and options. Appointments for one-on-one meetings will also be available. Please call the senior center to book your spot for the presentation or an appointment.

Did you know: if you are currently in a Medicare Advantage plan, you have the opportunity to make a change during the annual Open Enrollment, but also during the Medicare Advantage Open Enrollment Period (January 1<sup>st</sup> through March 31<sup>st</sup>). If you are unable to make an appointment in the fall, SHINE can assist you with any changes you would like to make early in 2023.

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Oxford Fire Department / EMS will be at the Senior Center on **Friday, October 21st** @ 12:30PM for an Educational Presentation



October quiz: "What were the names of the 3 ships that Christopher Columbus' used on his first voyage across the Atlantic"

September's question was: "What day of the week is Labor Day observed?" The correct answer was "MONDAY" provided by **Marjorie Helphenstine**. Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on October 14th.

Winner gets four (4) FREE lunch tickets.



Please scan your myseniorcenter card when you come to the Senior Center for lunch or activities

**If you don't have one, see Laura or Cindy
THANK YOU**

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!

“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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## **Caregiver Scholarships**

**Are you a GRANDPARENT, age 55 or older, RAISING A  
GRANDCHILD? Could you use some CAREGIVER SUPPORT?**

**The Central Massachusetts Family Caregiver Support  
Program is available to help grandparents or other  
relatives (not parents) age 55 or older who are raising  
grandchildren. Tri-Valley's Caregiver Specialist Jackie  
Woznicki can help access information, services, education  
and support.**

**Caregiver scholarship Funds are available to provide  
financial assistance with expenses related to raising  
grandchildren, such as sports sign-up, fees, equipment,  
activities, summer camp, school supplies, and more!**

**If you could use some support, please  
reach out to Jackie Woznicki, Caregiver  
Specialist @ 508-949-6640 x3124**



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

Our next meeting is **November 4th @ 12:45PM**

Our book pick is: **State of Terror** by Hillary Rodham Clinton & Louise Penny



After a tumultuous period in American politics, a new administration has just been sworn in, and to everyone's surprise the President chooses a political enemy for the vital position of Secretary of State.

Receive **emergency** notifications from the **Town of Oxford** by signing up for

**CODE RED**

If you need assistance call the Senior Center or stop in.

**THERE WILL BE NO MONTHLY MOVIE IN OCTOBER**





## “Oxford’s Old-Timer’s”

### MEN’s Coffee Group

Wednesday, October 12th @ 10AM

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

There will be coffee ad light breakfast goodies.

**Don't stop having FUN when you get older.....because you will get older when you stop having FUN !!!**

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

Donald Strader, Judith Manuel, Helen Pare, Pam Jacobson, Phyllis Romano, Linda Vaillancourt, Richard Landry, Sharon Gillies, Ernest White Jr, Kathleen Bowles, Sharon Defoer, Richard Newton, Marie Bostock, Roberta McKay, Mary Christian, Carol Baker, Faith Armstrong, John Ford Sr, Mary Soares, Charlotte Boutillette, Helen Balcunas, Edward Carter, Patricia Racki, Jane Mrazik, Roberta Raucci, Norman Napieralski, David Hebert, Howard Monson Jr, Arlene Arezzo, Norma Dionne, Philip Quinn Sr, Robert Grenier Jr, Alfred O’Leary, Francis Malkowski, Janet Twine, Debra Goodell, Frances Keddy, Carole Rider, James Morris, Roger Harty, Jacqueline Cox, Kenneth Goodell, Bev Hanson, James Foskett, Alberta Boyle, Gail Davis, John Doran, Nancy Olszta, Gary LaPlante, Pamela Davey, Michael Book, Frederick Maywalt, Florence Richards, Ruth Ellis, Donald Johnson, Sharon Brunnett, Joan Goodell, Linda Levie, Maggie Gray, Cheryl Fraser, Edward Cosway Jr, Tammy Comptois, Laurie Young, Suely Blaisdell, Judith Sgariglia, Patricia Waldron, Gail Campbell, Robert Luby, Ghulam Nasrani, Denis Guntor, Angela Kowalcky, Paul McIlvaine, David Derie, Wayne McFarland, Carol Pytko, Mason Powell, Edwin Rose, Robert Silva, Pamela Evers, Russell Anderson Jr, Joseph Curran, Ruth Bond, Carol Degnan, Virginia Lehner, Albert Shahnarian, Nancy Lohner, Linda Adamiak, Donna Plasse, Kathy Holle, Eric Petsching, Richard Gonet, Paula Parker, Robert Peterson, Barbara Desrosiers, Gloria Marcelonis, Wayne Bogar, Harry Jarvis, Claire Geoffrion, Stephen Engelhard, Susan Audette, Sarah Kobel, Susan Dufur, Barbara Donovan, Emilia Esposito, Kaida Patterson, Robert Keogh Sr, Andrew Boyle, Patrick Mahoney, David Power, Anita Beaudry, Mona Howard, Ernest Lavalle, Patricia Mills, Geraldine Hallas, Robert Fike, Sheila Simon, Patricia Hughes, Joan Mazeika and Rosella Machado

## News from SHINE for October 2022

### Medicare Open Enrollment begins on October 15th and ends on December 7th

Every year, Medicare Prescription plans and Medicare Advantage (HMO, PPO) plans can change your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year.

It's important to review your options EVERY year during open enrollment to make sure you have the plan that works best for you for next year.

You will receive a document called the Annual Notice of Change (ANOC) by the end of September from your current plan. The ANOC is a summary of changes to your plan for 2023. Read this important document and determine whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan and request another copy. If you would like to change your plan for 2023, you may do so during the **annual Medicare Open Enrollment Period between October 15<sup>th</sup> and December 7<sup>th</sup>**, and the changes will take effect January 1<sup>st</sup>. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. If you would like to speak with a SHINE counselor about your open enrollment options, contact your local Senior Center.

### MASS HEALTH MAILINGS

We want to remind you of the importance of opening and responding to any mail you get from MassHealth. Over the next several months as the Federal Public Health Emergency (PHE) ends MassHealth will be sending numerous notices reviewing and detailing the status of MassHealth coverage. These mailings often have deadlines involved and you need to respond to MassHealth by a specific date or YOU may lose your coverage. If you have not heard from MassHealth recently we suggest that you contact them to make sure they have your current address. If mail is returned to MassHealth you may lose your coverage as well. Finally, if you get mail from MassHealth that you do not understand you should contact a family member or friend for assistance. If neither is available you can contact the SHINE regional office and we will help you understand.

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**SHINE (Serving the Health Insurance Needs of Everyone)** has certified counselors to help 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. To make an appointment, call your local senior center, or contact the Central Mass SHINE Regional Office at 508-422-9931 or by email at [info@shinema.org](mailto:info@shinema.org). A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail. We also offer excellent resources online through our website at [www.shinema.org](http://www.shinema.org) and our introductory Medicare 101 webinars.

# Special Town Meeting



**When?**

**October 5, 2022 at 7:00 PM**

**Where?**

**Auditorium**

**Oxford Middle School 497 Main Street**

OXFORD HOUSING AUTHORITY  
TENANTS ASSOCIATION

**CRAFT SALE / BAKE SALE**



Saturday, October 8, 2022

**10:00AM – 2:00PM**

23 Wheelock St @ the Community Building

**Featuring a Tie-Dye tent**

**Fun Raffles**

**Donations welcome – call Dee @ 774-707-6014**

**Proceeds to benefit the Oxford Housing Authority Tenants  
Association**



# EARLY VOTING

## State Election – November 8, 2022

### Location:

Oxford Senior Center, 323 Main Street, Oxford, MA



### Dates & Times:

**Week 1**

|                                    |                    |
|------------------------------------|--------------------|
| <b>Saturday, October 22, 2022</b>  | 10:00 AM – 4:00 PM |
| <b>Sunday, October 23, 2022</b>    | <b>Closed</b>      |
| <b>Monday, October 24, 2022</b>    | 10:00 AM – 2:00 PM |
| <b>Tuesday, October 25, 2022</b>   | 10:00 AM – 2:00 PM |
| <b>Wednesday, October 26, 2022</b> | 2:00 PM – 6:00 PM  |
| <b>Thursday, October 27, 2022</b>  | 10:00 AM – 2:00 PM |
| <b>Friday, October 28, 2022</b>    | 9:00 AM – 12:30 PM |

**Week 2**

|                                    |                    |
|------------------------------------|--------------------|
| <b>Saturday, October 29, 2022</b>  | 10:00 AM – 4:00 PM |
| <b>Sunday, October 30, 2022</b>    | <b>Closed</b>      |
| <b>Monday, October 31, 2022</b>    | 9:00 AM – 5:00 PM  |
| <b>Tuesday, November 1, 2022</b>   | 9:00 AM – 5:00 PM  |
| <b>Wednesday, November 2, 2022</b> | 9:00 AM – 7:00 PM  |
| <b>Thursday, November 3, 2022</b>  | 9:00 AM – 5:00 PM  |
| <b>Friday, November 4, 2022</b>    | 9:00 AM – 12:30 PM |

# Fall Word Search



ACORN  
APPLE  
AUTUMN  
CHESTNUTS  
CHILLY  
CIDER  
COBWEB  
FALL  
FOOTBALL  
GOURD

HALLOWEEN  
HARVEST  
HAY BALE  
HAYRIDE  
LEAVES  
MAIZE  
NOVEMBER  
NUTS  
OCTOBER  
PUMPKIN

QUILT  
RAKE  
SCARECROW  
SEPTEMBER  
SLEET  
THANKSGIVING



# OCTOBER 2022 ~ OXFORD SENIOR CENTER

| Monday                                                                                                          | Tuesday                                                                                                                                                          | Wednesday                                                                                                                        | Thursday                                                                                          | Friday                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                 |                                                                                                                                                                  |                                                                                                                                  |                                                                                                   |                                                                                                                                    |
| <b>3</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM<br>(CALL GAIL DAVIS FOR MORE<br>INFORMATION 508-987-2884) | <b>4</b><br>STRENGTH & BALANCE<br>2:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                                                          | <b>5</b><br>PITCH LEAGUE 1PM TO 3PM                                                                                              | <b>6</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                          | <b>7</b><br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>BOOK CLUB</b>                                   |
| <b>10</b><br><b>** CLOSED **</b><br><b>COLUMBUS DAY</b><br>PITCH LEAGUE 4PM                                     | <b>11</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>JUMPIN' JUBA CONCERT</b><br>12:45PM                  | <b>12</b><br>"OXFORD OLD-TIMERS"<br>MEN'S COFFEE GROUP<br>10AM<br>PITCH LEAGUE 1PM TO 3PM                                        | <b>13</b><br>COA BOARD MEETING 9:30AM<br>DOMINOES 10AM TO 12PM<br><b>*** BEANO ***</b><br>12:45PM | <b>14</b><br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>MIKE &amp; BETH SHOW</b><br>12:45PM            |
| <b>17</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM                                                          | <b>18</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>FALLON HEALTH</b><br>"ALLERGIES & ASTHMA"<br>12:30PM | <b>19</b><br>SHINE COUNSELING<br>APPOINTMENTS 9AM—2PM<br>PITCH LEAGUE 1PM TO 3PM                                                 | <b>20</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                         | <b>21</b><br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>FIRE DEPARTMENT</b><br><b>PUBLIC EDUCATION</b> |
| <b>24</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM                                                          | <b>25</b><br>STRENGTH & BALANCE<br>2:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>MASS ADVANTAGE</b><br>PRESENTATION 12:45PM        | <b>26</b><br>SHINE COUNSELING<br>OPEN ENROLLMENT<br>PRESENTATION 10AM<br>APPOINTMENTS 1PM/2PM/<br>3PM<br>PITCH LEAGUE 1PM TO 3PM | <b>27</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                         | <b>28</b><br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>NO BEANO</b>                                   |