



OXFORD'S COUNCIL CHATTER

2024

**JANUARY
2024**

COUNCIL ON AGING/SENIOR CENTER

323 Main Street, Oxford, MA 01540

Tel: 508-987-6000

Email: seniorcenter@oxfordma.us



Please note that we will be closed January 1st and January 15th!!

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

HOURS

Monday through Friday
8:30 AM—3:30 PM

We are excited for the activities, trips and events we have planned for this year! We hope that you will continue to join us and participate in all the fun we have lined up for 2024!

We are in the process of updating everyone's file. We will be asking everyone that comes to the Senior Center to complete a member profile form along with signing the "Standards of Independence and Behavior" policy.

If you have any questions on either of these, please see either Laura, Kristen or Cindy.

From the Director's Desk.....



2023 seemed to go by in the blink of an eye.....

- **We served over 4400 lunches**
- **Our van drivers put on some miles with 2700 rides on the town van and over 3200 rides on the WRTA Paratransit van**
- **We had over 2500 Outreach units of service (Medicare, MassHealth, Fuel Assistance, SNAP, etc.)**
- **We had over 9800 seniors check in @ the Senior Center for either an activity, entertainment, lunch, presentation, etc.**
- **We welcomed Kristen Zamis as our Assistant Director**
 - **Five bus trips**



11) Laura



"YOUNG AT HEART CAFÉ" JANUARY 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

Price increase starting February 1st to \$5.00 dine in/\$6.00 take-out!

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Tuesday, 1/2: Cheeseburger Deluxe w/ Lettuce, Tomato, Onion, Potato Chips, Brownie

Friday, 1/5: Baked Fish, Mashed Potatoes, Corn, Dinner Roll, Fresh Baked Cookie

Tuesday, 1/9: Ziti & Meatballs, Green Salad, Garlic Bread, Birthday Cupcakes

Friday, 1/12: Seafood Salad Roll, Marinated Vegetable Salad, Ice Cream  
(Sponsored by Webster Manor & Lanessa Extended Care)

Tuesday, 1/16: Eggplant Parmesan Sandwich, Italian Blended Vegetables, Cannoli

Friday, 1/19: Mac & Cheese, Green Beans, Dinner Roll, Cream Pie

Tuesday, 1/23: Shake & Bake Chicken, Mashed Potatoes, Cranberry Sauce, Broccoli & Cauliflower, Dinner Roll, Fruit Crisp w/ Topping

Friday, 1/26: Filet of Fish Sandwich, Waffle Fries, Coleslaw, Jell-O Cake

Tuesday, 1/30: Hot dog, Baked Beans, Coleslaw, Brown Bread, Pudding Parfait

- 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.



## JANUARY BIRTHDAYS!!

Ronald Tetreault Sr, Theresa Cote, Mitchell Stevens, Paul Abdella, Barbara Clem, Victor DiCandia, Leonard Hansen, Kenneth Swenson, Dianne Ackley, Richard Daniels, Judith Bell, Jeanne Crosbie, William Potter, Susan Laramie, Sandra Crossman, Joseph Dupre, Arnaud Lapierre, David Morin, Carol White, Loretta Testa, Karen Mahota, Joyce Giroux, John Palermo, Andrea Singer, Darshan Mahler, Thomas Purcell, Russell Biando, Carol Walsh, Frances Morrier, Jean Gray, Virginia Sklarz, Alphonse Zannotti, Steven Kennen, Edward Bartlett, Dennis Murphy, Mary Tetreault, Susan Burak, Donna Cove, Barbara LeFebvre, Mary Lou Abruzzise, Clyde Richert, Anthony Sgariglia, Sheila Faneuff, Samuel Falcone, Linda Kemp, Timothy Quaiel, Suzette Robbins, Lawrence Miller, Brenda Wales-Lorraine, Leslie Plude, Mary Ellen Budzyna, Gail Lawson, Pierce Stowe Jr, Linda Hale, Siiri Jonasch, Michael Fiorentino, Lee Brooks, John Deitrick, Elizabeth Ashton, Nellie Everitt, Walter Sheehan, George Nonis, Eric Dunnigan, Gail Black, Genowefa Kowal, Howard Evers, Vincent Gregonis, Terry Fike, Jane Wilder, Barbara Merritt, S Veronica Bachand, Norman Young Jr, Joan Weeks, Laura Kneeland, Donna Fisher, Peter Reilly, Barry Slack, Christine Rogan, Elizabeth Daigneault, Joan Gallant, Robert Metcalf, Elizabeth Bennett, Alan Yacino, Frances Bennett, Paul Friend, Madeiline Boyce, Sheila Van Patten, Marie Stone, Charlene Gillette, Thomas Blaisdell, Rebecca Ikehara, Frances Brunelle, Pauline Grendell, Pauline Beland, Debra McDonald, Janice McCarthy, Donna Galeckas, Maria Haddad, Ruth Brassard, Robert Picard Sr, Maryann Richard, Charles Garabedian, Nancy Dunn, Paul Cowden, Alice Foote and Kathleen Monahan

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## Winter Weather Policy

The Senior Center will be **CLOSED** if the schools are closed in Oxford. If the schools have 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!



# BREAKFAST WITH THE CHIEF

January 18th

9AM

@ the Senior Center

Come join us for breakfast and conversation  
with Chief Daniels



Must RSVP by January 12th

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Birthday Cupcakes ~ Anonymous

Cash Donation ~ Anonymous

Ice Cream Social ~ Webster Manor/
Lanessa Extended Care

Secret Elf ~ Gift Bags

Frongillo Farms—Wreaths

Woman's Club—Gift Cards

2024 Town of Oxford Senior Tax Work-off Program

The purpose of the Senior Tax Work-Off Program is to assist Senior Citizens of the Town of Oxford with the payment of residential property tax bills, while acknowledging and affirming their skills and abilities and the community's continuing need for their services.

This program allows property owners 60 or older to volunteer services to the Town in exchange for a reduction in property tax of up to \$1500.00 per fiscal year. The amount of the tax work-off credit cannot exceed the total tax due for the fiscal year after any other exemptions have been allowed. Town Meeting voters approved the Program at the May 2017 Annual Town Meeting.

Complete program and eligibility information is available on the town website

22 Positions in 2024 ~ \$1500 off Property Tax Bill

Paper applications can be picked up at the Town Manager's Office or Senior Center.

Completed applications can be emailed to manager@oxfordma.us, can be dropped off in the Town Manager's Office, Senior Center, or can be mailed to Oxford Town Manager, 325 Main Street, Oxford, MA 01540



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 these 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. There is plenty of fresh produce 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)

Soup & Snowman Craft

Thursday, January 25th @ 11AM

\$2.00



Must RSVP by January 19th



Due to the higher cost of food, water and supplies our
lunch prices will be increasing

Effective February 1, 2024

Dine in - \$5.00

Take out - \$6.00 (includes container cost)

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

The third step to slow down dementia is to have a healthy diet! So what is the “best” diet to follow? Most nutritionists and health care professionals as well as US News & World Report recommends the Mediterranean diet. There has been a half century of nutrition research that has shown that this way of eating offers tremendous health benefits including an increase in cognitive brain function. This heart-healthy eating plan pinpoints healthy, anti-inflammatory foods emphasizing healthy fats, whole grains, fruits, vegetables, beans, nuts and seeds. The food is incredibly delicious and versatile. Moderate amounts of dairy, poultry and eggs are also part of the Mediterranean diet as is seafood. In contrast, red meat is eaten only once in a while. The Mediterranean diet focuses on the quality of the food, and unlike other diets, is more of a way of eating and a lifestyle approach rather than a restrictive diet. Moderation is key with this plan, no food or food group is forbidden and is extremely flexible! Aim for at least two servings of fruit and three servings of vegetables, three servings of whole grains, use beans, lentils, nuts and seeds to help provide protein, herbs and spices for flavor, high-quality olive oil, low-fat or non-fat dairy & cheese, chicken, fish, and lastly, red meat (sparingly). Other benefits include improved cholesterol and blood pressure, help ward off anxiety and depression, improve symptoms of rheumatoid arthritis, promote health digestion, improve vision and eye health, support healthy skin and combat premature signs of aging, assist in weight management, and promote longevity! Wow! There are so many resources on the internet as well as cookbooks and sample meals to follow. Good luck on your healthy eating journey!

Sources include Mayo Clinic, and Good Housekeeping.



Tri-Valley Inc. Options Counselor, Brittney, will be at the Senior Center every 3rd Tuesday of the month.

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

She will be available from 12:30 to 2:30 on January 16th

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, Feb 2nd @ 12:45PM.

Our book pick is: **Love, Theoretically** by Ali Hazelwood

The many lives of theoretical physicist Elsie Hannaway have finally caught up with her. By day, she's an adjunct professor, toiling away at grading labs and teaching thermodynamics in the hopes of landing tenure. By other day, Elsie makes up for her non-existent paycheck by offering her services as a fake girlfriend, tapping into her expertly honed people-pleasing skills to embody whichever version of herself the client needs.

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## FREE MOVIE MATINEE

Friday, January 12th @ 12:45

**"Eight Below"**

(Inspired By a True Story)

A thrilling tale of incredible friendship between eight amazing sled dogs and their guide stranded in Antarctica during and unforgiving winter.



M&M'S & Popcorn will be served



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BEANO

Friday, January 26th @ 12:45PM



“Oxford's Old-Timer's”

MEN's Coffee Group

Wednesday, January 10th @ 10:30AM

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

There will be coffee, pastry and conversation!

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### State Representative Joe McKenna Office Hours

Friday, January 26th

10AM ~ 11AM

Constituents are encouraged to stop by during this time if you would like to speak with Representative McKenna

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January Trivia Question: “Besides January, what are the other six months with 31 days?”

December's question was: “In what country did the sport of bobsled originate??

The correct answer was “Switzerland”. The correct answer was provided by Sharron Gillies. Please call the office to enter your answer. All correct answers will be entered into a drawing.

We will draw our next winner on January 12th

Winner gets two (2) FREE lunch tickets!!

“Let’s Talk Oxford History ~ Part 7”

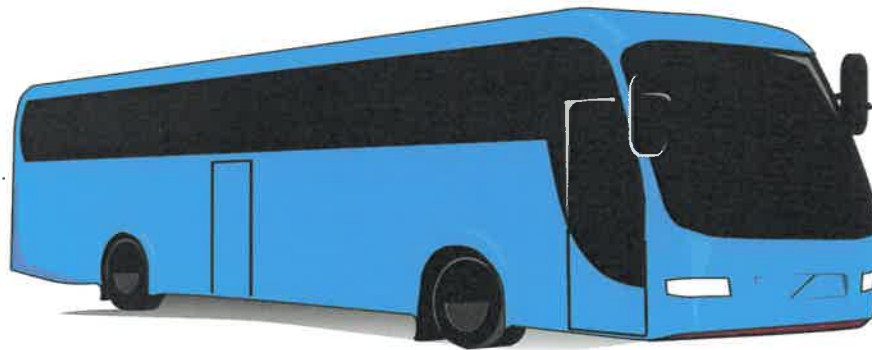
Tuesday, JANUARY 9, 2024

1:00PM—2:00PM

If you have not joined us, you are missing out on hearing
about our great Town of Oxford's history!


Sponsored by the Oxford Historical Commission

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Stay tuned to future newsletters for  
our bus trip listing for 2024

# JANUARY 2024 ~ OXFORD SENIOR CENTER

| Monday                                                 | Tuesday                                                                                                                           | Wednesday                                                                                                                         | Thursday                                                                                                               | Friday                                                                                                                          |
|--------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br><b>CLOSED</b>                              | <b>2</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM                                                     | <b>3</b><br>CHAIR YOGA 9:15AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                                  | <b>4</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM                                                  | <b>5</b><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>BOOK CLUB 12:45PM</b>                                                  |
| <b>8</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM  | <b>9</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM<br><b>LET'S TALK OXFORD HISTORY 1:00PM ~ 2:00PM</b> | <b>10</b><br>CHAIR YOGA 9:15AM<br>MEN'S COFFEE GROUP 10:30AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                   | <b>11</b><br>COA BOARD MEETING 9:30AM<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM                     | <b>12</b><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>FREE MOVIE 12:45PM</b>                                                |
| <b>15</b><br><b>CLOSED</b>                             | <b>16</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM<br><b>OPTIONS COUNSELING 12:30PM ~ 2:30PM</b>      | <b>17</b><br>CHAIR YOGA 9:15AM<br><b>SHINE COUNSELING APPOINTMENTS 9AM-2PM</b><br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM | <b>18</b><br><b>BREAKFAST WITH THE CHIEF 9AM</b><br><b>RSVP BY JAN 12TH</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS | <b>19</b><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM                                                                             |
| <b>22</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM | <b>23</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM                                                    | <b>24</b><br>CHAIR YOGA 9:15AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                                 | <b>25</b><br>DOMINOES 10AM TO 12PM<br><b>SOUP &amp; SNOWMAN CRAFT</b><br><b>RSVP BY JAN 19TH</b>                       | <b>26</b><br>CRIBBAGE 10AM TO 12PM<br><b>STATE REP MCKENNA OFFICE HOUR 10AM ~ 11AM</b><br>LUNCH 12:00PM<br><b>BEANO 12:45PM</b> |
| <b>29</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM | <b>30</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM                                                    | <b>31</b><br>CHAIR YOGA 9:15AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                                 |                                     |                                                                                                                                 |