



THE
OAKHAM
HERALD

Number 1

JANUARY 2012

Back Door Café 508-882-5251

Mon, Tues Thurs & Fri 9a.m.-1p.m.

COA Mission Statement

It is the mission of the Senior Center Council on Aging to identify the total needs of the community's Senior Citizens, to link services to those needs and to improve the quality of life of our seniors by providing an active outreach program, providing intergenerational opportunities, opportunities for community involvement, and providing services as needed.

A HAPPY NEW YEAR TO EVERYONE. MAY 2012 BE EVERYTHING THAT YOU HOPE.

WE ARE DONE!!!!!!

We begin the New Year at the Back Door Café/Senior Center with a brand new appearance thanks to the efforts of the Sheriff's Department's Community Service Program. Work at the Senior Center was completed before the end of 2011. A great way to end one year and to begin the new one.

THANK YOU

Without the help of the Sheriff's Department and its Community Service Program, we would not have been able to accomplish everything that we had hoped. Thank you, Sheriff Evganelidis, Lt. Steven Hynes, Officer Mike

Mastrorio and your crew of volunteers for helping our dream to be realized. The painters worked steadily for two solid weeks to accomplish our wish list and they did it with great precision. The crew did a superb job at updating and beautifying your Senior Center and Café.

ANOTHER THANK YOU

Also, without a generous grant from the Home Depot Foundation, we could not have afforded the materials necessary to even begin such a project. We are very grateful to the foundation for approving our application and for providing the funds necessary for the successful completion of this task.

OUR APPRECIATION

The Council on Aging would like to extend its most sincere appreciation to the Oakham residents who answered our call for assistance in this project:

Lee Tavares and Jim Willard volunteered many, many hours enlarging our entrance door ways so as to better accommodate our guests, modernizing the restrooms and repairing and/or replacing rotting sills on the outside of the Senior Center and insulating them. We can't thank them enough for their expertise and the interest and support they have shown to our needs.

Steve Gaspard of Gaffney Road very kindly offered to help us install a new chair height commode in the ladies' room as well as a brand new ADA sink and faucets. This turned out to be a more challenging task than we had expected, but Steve, with his expertise as a master plumber, was able to overcome these difficulties in short order.

Scott Stidsen of Edson Road helped us to create a more acceptable entrance by eliminating the step at the doorway. He added a sloping concrete pad so that this entrance into the Back Door Café is safer for everyone.

All of these gentlemen are certified in their fields of service, run their own businesses and yet were able to find the time to help. They demonstrated a true sense of community.

And, we would be remiss if we did not thank our Board of Selectmen for their support of this project and Eliot Starbard for the time he donated in helping us whenever we called (which was often).

As a result of all this support we received, we are quite pleased and proud to note that the entire undertaking, valued at \$6,000, was 100% completed without the use of any of your tax dollars.

YOU CORDIALLY ARE INVITED:

On January 16, 18 and/or 19, Jan and the COA would like to invite you to a complimentary lunch at the Back Door Café where you will have the opportunity to see **OUR NEW LOOK**. Simply reserve a space by calling the Café at 508-882-5251 two days ahead during our open hours as listed on the front page of this Herald and bring the enclosed coupon with you. We look forward to seeing you. This is your Café/Center, we did this work for the benefit of all of you and we look forward to your support. **Thank you.**

IN APPRECIATION

Our thanks to:

Mary and Phil Warbasse for their kind donation given in memory of Mary's mother.

Lynne May for her donation in memory of her father.

Johanna Barry and Patrick Swain for a donation to help defray the cost of the Veterans' Day Brunch.

Natalie Sokol for her kind support of the COA during the Christmas Season.

Mrs. Sumner Crawford for her letter and donation to the COA.

Ward Holloway, Steven Labarre, Ray Bergman, Lynne May and Simyung Kim for their donations of desperately needed coffee for the Café.

The Oakham Center School for a delicious luncheon at the school followed by a wonderful holiday performance by the students of grades two and three. We had a great turn out.

We are indeed very fortunate to have so many who understand the value of our

services to the community and who support our efforts on your behalf.

\$5 LUNCH

Since Chinese New Year is celebrated January 22 and 23 this year, we are planning a \$5 lunch buffet at the Empire Buffet on Wednesday, January 25 (weather permitting). The restaurant is located just on Main St., Southbridge, just over the line from Sturbridge. We will be carpooling from the Town Hall, leaving at 11:00 a.m. Our reservations have been made for 11:45 a.m. Anyone willing to drive, please let us know. Also, we may be able to make a stop at Ocean State Job Lot on the way home if you wish. Are you interested?

Space is limited. We cannot accept more than 30 reservations. So, if you like Chinese buffets, please call 508-882-5251 to reserve your place or sign up at the Cafe ASAP. Payment of \$5 will be collected when reserving.

PEN PALS

We have received our first letters from our fourth grade pen pals and have responded to them in time for their December vacation. The students did a very good job at writing and their letters were truly delightful. They will probably not write again until February. As soon as we receive their next letters, they will be distributed. Thank you everyone for getting your letters to us in good time.

VALENTINE DINNER

We are planning the 2012 Valentine Dinner for Saturday, February 11 at 5:45 p.m. You may begin signing up now. We will have further information in the February issue of the Herald. This event is sponsored in part by the Oakham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, the Oakham Congregational Church and the Oakham Council on Aging.

This is always a popular event with entertainment by the Otters, a home cooked turkey dinner by members of the church family, hors d'oeuvres and other favors by the Council on Aging and a basket raffle provided by your Council members and volunteer supporters. If anyone would like to create a themed basket for the raffle, please let us know. And, as usual, there will be a money tree raffle. We hope to see many of you again this year.

GET WELL

We send our best wishes to Marylou Berglund who underwent back surgery recently and is recuperating at home and to Keith Whitcher who has returned home from rehab and to Sue Baldwin who suffered a severe knee injury in a fall at home. We hope that they will be restored to good health in the very near future.

TRIAD

Members of the Council on Aging, Sheriff Evangelidis, Annie O'Toole and Rick Peters of the Sheriff's Office Selectmen Eliot Starbard and Dennis Bergin, Police Chief Fred Gehring and Officer Matt Piscatelli, Fire Chief Tom McCaffrey and Asst. Fire Chief Tom

Snay met at the Senior center on Tuesday, December 13, 2011 to formally sign the Memorandum of Agreement between all of these departments to work together for the safety and protection of Oakham's ever increasing senior population. Thank you to all!

FUTURE EVENTS:

Cards – Sundays 2p.m. – 4:30 p.m.
Bingo – Tues, January 3 and 17
12:30p.m. – 1:15 p.m.
Zentangle – Tues, Jan 10
Birthday Lunch – Tues, January 24
January 25 - \$5 Chinese buffet lunch
February 13 – Valentine Dinner
February 21 – Mardi Gras
April - \$5 lunch – to be announced
May 6 – Sunday Afternoon Spring Tea –
with a special guest.

OAKHAM COUNCIL ON AGING
2 COLDBROOK Rd. #6
OAKHAM, MA 01068

Achy muscles from the flu? Mix 1 cup horseradish in 1 cup olive oil. Let sit for 30 minutes, and then apply it as a massage oil for instant relief for aching muscles.

Sore throat? Mix ¼ cup of vinegar with ¼ cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

THOUGHT FOR THE NEW YEAR:

Laughter is the shortest distance between two people. (Victor Borge). Laugh often, it is good for your health and well-being.

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This newsletter is funded in part by the Executive Office of Elder Affairs.

WHO KNEW?

IN SYMPATHY

We send our sincere condolences to the family and friends of Pearl Gehring who passed away on December 13, 2012. Pearl originally came to Oakham with her husband Fred from Auburn. They were both long time residents of Oakham. Pearl leaves her son and daughter-in-law Fred and Tammy Gehring of Barre Road, Oakham. Please keep them in your thoughts during this most difficult time.

CARDS

Card playing will resume on Sunday, January 15, 2012 at the Senior Center beginning at 2:00 p.m. They will also meet on January 22 and January 29. New players are always welcome. Refreshments will be served.

BLOOD PRESSURE

The nurse will be available for blood pressure checks on Tuesday, January 10 at 11:15 a.m.

BINGO

JOIN Claudia and Pauline for Bingo following lunches on January 3 and January 17 beginning at 12:30 p.m. and usually ending at 1:15 p.m. Prizes are awarded.

ZENTANGLE

Join Pauline for a Zentangle class on Tuesday, January 10 immediately following lunch.

JANUARY BIRTHDAYS

Anyone celebrating a January birthday is invited to join us for a complimentary lunch at the Back Door Café on Tuesday, January 23, 2012. The lunch for that day will be Beef Stroganoff with mashed potatoes, jardinière vegetables, potato bread and cake with ice cream. Reservations must be made by January 19, 2012 by calling Jan at the Café (508-882-5251). Please call whether or not you are able to come. Be sure to speak with her directly. Reminder – we are closed on Wednesday. Please check the magnets you received for our open hours.

We wish the following a very Happy Birthday and look forward to greeting them on the 24th:

Rick Hendra, Phil Warbasse, Helen Bechan, Ward Holloway, Stan Mascroft, Eugene Hutchinson, Elizabeth Martone, Helen Lenahan, June Hallberg, Stanley Gutowski, Ed Ostrout, Sam Palano, Ellenor Downer, Art Gray, Jean Pariset, Henry Marchand, Leo Berube, Brad Taylor, Caroline Whyte, Marcia Gaillardet, David Graham, Stephen Collette, Cherrie Labarre, Walter Derrick, Charles Grover, Leo McCaffrey, Robert Whyte, Linda Swenson, Wayne Baldwin, Kenneth McKeen, Robert Lomax, Nancy Hughes, James Bealand, Robert Korteling, Peter Totas, Natalie Sokol, Carla Smith, Beverly Wingate, and Mary Alexander.

We hope they will all do us the honor of attending if at all possible for them.

IMPORTANT: RESERVATIONS FOR LUNCH:

Jan Pierce, Manager of the Back Door Café, asks that anyone wishing to make a reservation for lunch during the year to please call and speak with her directly. The number to call is 508-882-5251 during our open hours 9:00 a.m. – 1 p.m. Mondays, Tuesdays, Thursdays and Fridays. No one is here on Wednesdays, Saturdays and Sundays for reservations. We are also closed on Monday holidays. **Reservations must be made 48 hrs. in advance.** We do try to accommodate anyone who arrives without a reservation, but we only order enough lunches for the reservations that have been made. Everyone is welcome to visit with us during these hours and/or join us for coffee, but please reserve for lunch. Thank you.

Please use the following schedule to help to know when reservations need to be made:

For lunches on:

- Monday – call the prior Thursday**
- Tuesday – call the prior Friday**
- Thursday – call the prior Monday**
- Friday – call the prior Tuesday**

Reservations may be made weeks or days in advance if you know that you would like to come. Several people check the menus and then reserve for the entire month. This works very well, also.


COUPON

Don't forget to bring this coupon for a complimentary lunch on Jan. 17, 19, or 20 with you when you come to see our new look. One coupon per person.

COUPON

Good for 1 complimentary lunch only on January 17, January 19 or January 20 at the Oakham Back Door Café.

Courtesy of the Okaham Council on Aging
Reservations needed



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