



THE  
**OAKHAM  
HERALD**

Number 6

JULY 2014

Senior Center Phone 508-882-5251  
Mon, Tues, Thurs. Fri 9am-1pm

**Published by the Council on Aging  
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

---

**Summer** has arrived and we at the Back Door Café/Sr. Center are looking forward to some of those warm lazy days that are to come. June was such a full and wonderful month for us and gave us many memorable times. As usual we held regular Bingo games, Trivial Pursuit, played cards, attended two special COA training sessions and held blood pressure checks.

Then **why** was June so memorable? Attendance was excellent at many of our functions. We hosted a Pre-Diabetes discussion that was most interesting and very informative. This was scheduled to last about 45 minutes and due to the input from so many participants it continued for at least an hour with time to ask questions individually of the presenter. We learned to identify the major risks of this disease, its symptoms and natural ways that it can be reversed if caught in time. ; information that everyone should know. We were so pleased to have been able to sponsor this event with the VNA.

As a follow up to this workshop, we are sponsoring a **glucose testing** session on July 11, 2014 at the Sr. Center. This is an easy test to determine your blood sugar level and will give people an idea of how to continue with their diets. Appointments are necessary for this testing that will begin at 11:15 a.m. and continue until 1:00 p.m. Please call 508-882-5251 or 508-882-3358 to make an appointment.

We had a full house for the June birthday party. We were reconnected with several people whom we had not seen throughout the long cold winter and it was good to be able to catch up with them again. Several visitors who were not part of the birthday celebration noted to us how friendly and happy everyone was. This always makes us happy.

On June 11 we hosted the picnic with our helpers from the project create class of the Oakham School. They have been such a delight to have had with us the entire year

and we were sad to see some of them leave to go to the Junior High next year. They prepared an excellent picnic lunch that was enjoyed by another full house at the Café. We wished them all an enjoyable summer and good luck for the next school year. It is great to watch these children grow and blossom during the years that they have been coming here. They are such excellent helpers and fun. They keep us all feeling a bit younger. This is a wonderful experience for them and for all of us and we hope to continue the program next year. We would like to express our appreciation to those seniors who gave of their time to encourage these students by coming to the Tuesday lunches. Want to be part of this program in the next school year? It is quite easy. Simply sign up a Friday for a Tuesday lunch and come and enjoy the young people.

Also in June we finally got to meet our secret pen pals at an ice cream social at the Oakham School. This fourth grade class had been excited about being a part of this program and wrote so many wonderful letters to their adult pen pals. They greeted us warmly at the door of the school and then lead us on a tour of the lovely new reading room dedicated to the memory of Deb Stuart, a teacher who died last year of cancer. Then we followed them to the cafeteria where they taught us how to play a game they had learned at Sturbridge Village. Next, we enjoyed our ice cream sundaes with them after which the children participated in a special poem recitation and song presentation. They were all fantastic and left us with some great memories.

This pen pal program will continue next year and many adults are needed. Anyone who would like to create more happy memories for him or her self, who would like to gain that young at heart feeling and who would like to join in this most heartwarming

experience, please contact Jane Pease at 508-882-0040.

And, if all of this wasn't enough, we celebrated the beginning of summer by sponsoring a workshop with Tina Bemis from the Bemis Farms Nursery of Spencer. Tina is a great instructor on how to create an eye-catching arrangement with a variety of plants and color. We could not have asked for a more perfect day, so we held the class outside as she taught us how to place plants in a large container for the patio and then left us on our own to make our own creations with lavender and peach salvias, pink dots, yellow daisies, lavender lobelias, salmon geraniums, dusty miller, a decorative tall grass and a pretty coleus. We all went home with a beautiful arrangement that will last the summer.

Finally, many of us bumped into each other at the Oakham Block Party. This was an excellent, well-planned and well-run event for the town thanks to the Parks and Rec Dep't. If you were there, wasn't that artist amazing??? If you weren't there, sorry you missed it. He was truly superb.

#### **WHAT'S UP for JULY?**

**July 3, 2014** – Wear Red, White and Blue for Independence Day. – Patriotic dress: hats, socks, gloves, scarves, tops, pants, etc.

**July 1 and 15** – Bingo if 6 or more are present to play at 12:20 p.m.

**July 11 and 25** – Trivial Pursuit at 10:30 a.m.

**July 11** \_ **IMPORTANT-Glucose screening – 11:15a.m.-1:00p.m. Appointments are necessary. Call 508-882-5251 or 508-882-3358 to sign up.**

**July 13, 20 and 27** – Cards – 2:00 p.m.

**July 15** – Blood Pressure Clinic – 11:15 a.m.

**July 24 – CHRISTMAS IN JULY CELEBRATION** – WEAR RED AND GREEN AND ANY holiday jewelry and holiday clothing you may have on hand. Come see what else we have planned!!! Reservations – call 508-882-5251.

### **BIRTHDAY LUNCH:**

As announced earlier, we will be celebrating birthdays two months at a time. July and August birthdays will be celebrated on Thursday, August 7, 2014 at 11:45 A.M. All seniors having a birthday in July and August are cordially invited to join us for a complimentary lunch at the Back Door Café. Please make reservations on or before August 4, 2014. The menu will include baked ham, mashed potatoes, garden peas and cake and ice cream as is traditional. Attendance drawings will be held.

July Birthday Greetings are extended to:  
Kathleen Smichinsky, Elizabeth Marsh, Carol Martin, Dennis Martin, Diane Smith, Francis Przypek, Nancy Richards, Valerie Ford, Joyce MacKay, Esther Butler, Ron Skowyra, Ann Larrabee, Betty Montgomery, Barbara Bechan, Royce Anderson, Tom Tashjian, Paul Rochette, Ken Williams, Charles Ebert, Maureen Wilkins, Bill Mucha, John Barringer, Richard Cushing, Ralph Mann, Alfred D'Ambra, Larry McGee, Marylou Berglund and Bill Parsons.

We wish the following August birthdays a very happy day:

Linda McKeen, Linda Lebel, Richard Simmons, Pat Ide, Joan Lomax, Carole Dwelly, Scott Tourtellot, Alden Brodmerkle, Rosemarie Dolan, Carol Carlson, Dennis Creed, Tom Saupe, Pat Daley, Marilyn Brunelle, Phyllis Phoenix, Jane Pease, John Amidio, Ann Hardiman and Brian Janaitis

We hope to see all of you on August 7, 2014 for lunch.

### **YARD SALE**

The Senior Center will be holding a yard sale on Saturday, August 23, 2014. Throughout the month of July we will be accepting donations of gently used items for us to sell. Please note, however, we cannot deal with jewelry, coins, large appliances or books. Items may be left at Claudia Lacerte's garage up until August 20. After that they may be brought to the Sr. Center. We will be setting up on Friday, August 22, 2014 between 12:30 p.m. and 4:00 p.m.. We could use some help. If you can spare an hour or two, we would be very appreciative. Also, if anyone has a truck and can volunteer an hour or so to help us pick up the items at Claudia's and to drop them off at the Sr. Center, we would be most grateful.

On Saturday, August 23, 2014 we will open at 8:00 a.m. to sell items through 2:30 p.m. If you could offer us one or two hours of help, please let us know. Thank you.

Please keep the following in your thoughts: Bob Lindquist, Ron Hazen, Bob Whyte, Betty Spinney, and Jill Talevi. Also, the Bealand family in their loss of Arthur, the Bruce Rochette family in their loss of Francine's mother, and the McGlynn family in the death of their son Pat. Our best wishes to those who are ill and our most sincere sympathies to everyone who has lost a dear loved one.

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

The printing of this newsletter is partially funded by the office of Elder Affairs

For the Summer, the Council on Aging is sponsoring some “daily” special tasty summer treats for the enjoyment by everyone. This has no connection to our meal program, but is a COA function.

On Tuesday, July 8, 2014 at 12:15 p.m. we are offering **home made strawberry shortcakes for \$1.50** ea. (\$2.00 with ice cream) Sign up by calling 508-882-5251. Reservations should be in by July 3, 2014.

On Thursday, July 17, the COA is offering a **side dish of sweet potato French fries** for a fee of \$1.00.

On Monday, July 28 we are offering an **old fashioned Root Beer Float** for \$1.50 at 12:15 p.m.

Also, please note on the monthly menu, the lunches for **July 8, July 17 and July 28** we will be serving the alternate lunches, not the main entrees. These alternates consist of soup, salad, sandwich and dessert.

At various times in the summer we will be having **drawings for attendance** at the Café. You must be present to win. All you have to do is choose the **“Lucky Duck”** in the duck pond.

We are also planning some specials for August as we celebrate the **“Dog Days of Summer”**. So far we have planned home made blueberry pie for \$1.50 (\$2 with ice cream) and home made French Peach Melba for \$2.00. Further info will be in the August Herald.

