



THE OAKHAM HERALD

November 2022

Published by the Oakham 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 for community involvement, and providing services as needed.

We remember and honor all our Veterans for their service and dedication to our country.

OAKHAM SENIOR / DROP-IN CENTER:

HOURS: Mon thru Thurs, 11 am-12:30 pm

CLOSED: Fridays, Saturdays, Sundays
major holidays, school snow days.

PHONE: 508-882-5201

Activities Coordinator: Melanie Silva

COA BOARD MEMBERS:

Chair: - seeking -

Vice-Chair: - seeking -

Treasurer: Lucy Tessnau

Secretary: Priscilla McGlynn

Members: Steve Ober

Jane Pease

Alt. Members Tammy Gehring

Assoc. Members: Jan Pierce

Meg Goodrow

BACK DOOR CAFÉ:

Coordinator: Jan Pierce

Volunteers: Pauline Dwelly

Diane Rochette

NEWSLETTER: Rick Hendra

Lucy Tessnau

FOR OUR VETERANS:

The Oakham Council on Aging will be hosting an event "Celebrating and Honoring Our Veterans" on Wednesday, November 9, from 11:00am till 1:00pm in Fellowship Hall at the Oakham Congregational Church. All veterans and their spouses and all widows of veterans are most cordially invited to attend.

The program will include a presentation of your benefits followed by a buffet luncheon provided by the Oakham Council on Aging. At 12:30 we will all enjoy a special musical performance of the Greendale's Men's Chorus in the upper level of the church made possible by member and Oakham veteran, Sandy Wreschinski. There is no charge for this event, but reservations are needed as soon as possible or at least by November 3. Please call Lucy at 508-882-3358 or the Sr. Center at 508-882-5251 to reserve your seat(s).

We look forward to meeting our veterans and hope many will attend and give us the opportunity to express our appreciation for your service to and sacrifice for our country.

NOVEMBER EVENTS:

Property taxes due November 1, 2022

Zumba Gold – Nov. 1,4,8,11,15,18,22,25, 29,
from 10:30 till 11:15am. \$2.00/person

Election Day – Nov. 8, 7:00am - 8:00pm

Podiatry Clinic – Nov. 21: appointment only

Blood Pressure Clinic – Nov. 10 at 11:00am

Veterans' Luncheon – Nov. 9 from 11:00am
till 1:00pm – sign up!

CLOSED – NOVEMBER 11 FOR VETERANS' DAY

Pre-Holiday Lunch: Nov. 18 12:00 am at
The Barre Patch – \$7/person – sign up!

Intro to CBD – Nov. 20, 10 am

CLOSED – NOV. 24, FOR THANKSGIVING

Christmas swag with Tina Bemis –
December 8 – sign up now!

VOTING DAY: November 8, 2022

If you have not already voted early or by mail, please be sure to vote in person at the Town Hall. The polls are open from 7:00a.m. until 8:00 p.m. This is a very important mid-term election for us and the country. If anyone needs a ride in order to vote, please contact 508-882-3358.

INTRODUCTION TO CBD –

What Is it? How can it help?

On Wednesday, November 30, at 10:00am, Donna Evans, a friend of Melanie's, will be at the Sr. Center doing a presentation on CBD (cannabidiol), a cannabis-derived medicinal. She will share its benefits, explain the difference between water and oil-based CBD and explore the variety of forms it comes in. She will examine some contraindications you should be aware of, too.

Donna is a native of Rutland. She believes in a holistic approach to healing and relieving pain and spends a lot of time studying and researching. Her calling is to help people and she does

PRE-HOLIDAY LUNCHEON:

As many may remember, before COVID interrupted our lives and events at the Sr. Center, the Council on Aging provided a pre-Thanksgiving Holiday lunch every year at some area restaurant. Since COVID is officially over, we would like to revive that event. So, we have set up a date and time for all seniors interested in joining us for this year's pre-holiday lunch.

We will be meeting at the newly renovated "Barre Patch Restaurant" on Rte. 122 in Barre just past the Barre Health Center on Friday, November 18, 2022 at 12:00 noon. The cost of this full lunch is only \$7 per person. The menu will include a complete turkey dinner with mashed potato, squash, dinner rolls, stuffing, beverage (coffee or tea) and dessert.

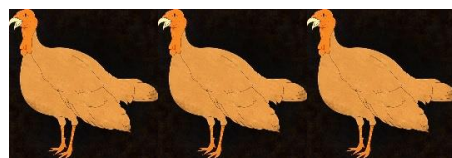
Please make reservations by calling Lucy at 508-882-3358 or the Sr. Center at 508-882-5251 on or before November 11, 2022.

PODIATRY CLINIC:

Please make appointments by calling Lucy or the Sr. Center. Each appointment is 30 minutes beginning at 9:00a.m. Times are assigned on a first come basis.

REMINDER:

Open Enrollment for Medicare insurances will close on December 7, 2022. If anyone has questions or wishes to change their insurance, you may set up an appointment with a SHINE rep. at the Sr. Center by making an appointment with Lucy by calling 508-882-3358 or 508-882-5251.



SPOTLIGHT ON SENIOR EDUCATION:

One silver lining to the COVID cloud of the past few years is that many organizations have learned to operate without people on-site. There's been a sharp increase in online retail sales, in working from home for at least part of the week, and in remote delivery of health, education, and other services. Elders stand to be major beneficiaries, as transportation is often more a challenge for us.

While the problems experienced by children learning remotely under lockdown have been cause for concern, online education and enrichment programs for adult students and especially seniors have flourished. The sorts of lectures and presentations that Chautauqua's summer program in western NY has long been known for are now available in your living room.

Many of us by now have had some experience with Zoom. It creates a virtual meeting where everyone can see each other – or not, as the individual wishes; where folks can talk, chat privately, share their computer screens, break off into small groups – or sneak off to the kitchen for a snack without having to raise your hand.

One of the best known purveyors of what's known as "senior education" or "learning in retirement" is OLLI: the Osher Life-Long Learning Institute. OLLI is sort of a franchise, with programs at UMass/Boston, Tufts, out in the Berkshires, and around the country. Looking at the OLLI catalog at UMass/Boston, I see "Ten Great Museums", "Battlefield and Conflict Archaeology", "Carnivorous Plants", "The Short Stories of Ray Bradbury", "The Art of Collage", and many others. Those are all available without ever going into Boston. In fact, OLLI courses from all across the country are available to you from home. The cost is low – a couple hundred dollars gets you all the courses you care to sign up for.

A local focus for senior education is the WISE program at Assumption U. It was begun by a group of seniors looking for opportunities to continue learning – but also to teach, as a

number were retired teachers with areas of expertise they were happy to share. They wanted challenging, interesting classes without homework or a lot of reading. Course titles from the current catalog include: "The Voices of Early Radio", "Third Parties in Presidential Elections", "The 1964 World's Fair", "American Realism: Painting in the Early 20th Century", and "The Parks of Worcester". The cost is \$165/semester for as many courses as you'd care to sign up for.

The advantage of a local source of lifelong learning, of course, is that you can meet online or in person, as the spirit moves. Most courses can be done either way. There are Zoom recordings for any classes you might miss. There are opportunities for field trips where folks can get together if they'd like, and there's clubs, film nights, a student newsletter, and other opportunities for involvement outside the classroom. It's run by seniors for seniors.

There are other lifelong learning opportunities for seniors that are considerably more expensive but worth it if you can afford it, like Road Scholar, which combines vacation travel with lectures and other learning opportunities. Chautauqua still offers their summer classes in western NY.

But Zoom programs offer another less expensive, less demanding way of nourishing our minds. Not all of us are comfortable yet with going online for emails, let alone something new like Zoom. But email has certainly been a boon to many elders who use it to stay in touch with family, and Zoom is another of those online innovations, like Google Maps, that can really add to the quality of your life. Check it out: just Google "OLLI" or "WISE" or "Road Scholar" and check out all the learning opportunities now available to you without a lot of cost or trouble. Learn something new! It's fun and rewarding – and you meet the most interesting people – us!

[Full disclosure: the author has been known to teach "The Story of the Blues" and other histories of American root's music at WISE. RFH]

Oakham Council on Aging
2 Coldbrook Rd. #6
Oakham, MA 01068

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**IN SYMPATHY...**

While we're happy to report that Oakham lost none of its own this past month, we were sorry to note the passing of family and friends of Oakham residents. The Trimbys of New Braintree Rd. lost Maureen's mother, Dorothy McNeil, and the LeBlancs of Maple St. grieved for Gary's sister, Teresa Louise (LeBlanc) Beauvais. Some may remember her from her 34 years as Chief Admissions Officer at the Devereaux School. And the Langlois Family on Grace Lane lost Maureen Hayes, their "Grammy Moe", a teacher in the Fitchburg Schools for 39 years. Our condolences to all their friends and families.

**OAKHAM HISTORICAL ASS'N CALENDAR:**  
**Sunday, Oct. 30** from 1-4PM at the Oakham Historical Museum, 1221 Old Turnpike Rd. is

our final open house of the season. **The featured exhibit will be "Eva's Corner", an area set aside to honor the late Eva Grimes.** Come see Eva's air force uniform, multiple awards and photograph albums of her younger days. Also make note of the "Soldiers of Oakham" binder, containing scores of pictures of Oakham men and women who served in the armed forces. Eva collected these pictures and was passionate about preserving them for all to see.

There will be cider and CIDER donuts served. The event is free and all are encouraged to come.

**Sun. Nov 6th** at 2:00 pm there will be a presentation of **"SWORDS AND MILITARIA" from the Oakham Historical Museum collection.** The program will be held at the Historical Museum Annex. Tom Saupé is the presenter. The event is free.

*Happy Thanksgiving Everyone!*

