



THE OAKHAM HERALD

September 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.

OAKHAM SENIOR / DROP-IN CENTER:

HOURS: Mon thru Thurs, 10 am-12:30 pm

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

PHONE: 508-882-5251

ACTIVITIES DIRECTOR: Melanie Silva!

COA BOARD MEMBERS:

Chair: - seeking -

Vice-Chair: - seeking -

Treasurer: Lucy Tessnau

Secretary: Priscilla McGlynn

Members: Jane Pease

Alt. Members: Tammy Gehring

Assoc. Members: Jan Pierce

Pauline Dwelly

BACK DOOR CAFÉ:

Coordinator: Jan Pierce

Volunteers: Pauline Dwelly
Diane Rochette

NEWSLETTER: Rick Hendra
Lucy Tessnau

MEETING MELANIE SILVA!

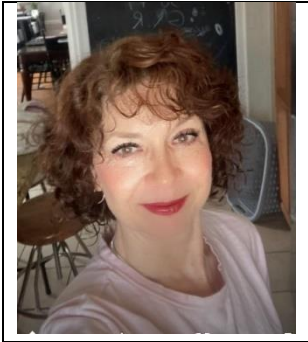
We held a very successful meet and greet with Melanie, our new Activities Director on Wednesday, Sept 21. Twenty-five interested guests were very happy to express their ideas for future events. We are sure that several of the new ideas will be offered during the year and we hope you will find them interesting, educational and fun.

Melanie will be running her Zumba Gold classes twice a week now that she's here (see the Events Calendar, next page). Folks at the meeting raised the possibility of offering other classes for balance and fitness, which Melanie will look into also. And that's not all: Please see her new column: **Melanie's Musings**, right here in the Herald.

OAKHAM PD BBQ:

The Police Department prepared us a delicious chicken barbeque that was well attended on September 24 - our first since COVID. It was a good day and a very successful event. There were 55 meals prepared at the Fire Station. Our thank you to the officers of Oakham.

MELANIE'S MUSINGS...



Hello! For those of you who I have not had the pleasure of meeting, I am Melanie Silva, your new Activities Coordinator, and I want to get to know you! What interests

you? What do you want to know more about? What activities would you like to try? What kind of outings would you like? I have ideas, but would love your input!

We had a great Meet and Greet! Thank you...In October, we will be starting The Lunch Bunch. This will be a great opportunity to get out of the house, share conversation and break bread together. We will be doing this on the third Friday of the month, starting October 21, 2022. We will be meeting first at J & J's Family Restaurant, 815 Worcester Road, Barre, MA at 12:30pm. If you would like to join us, please let me know ahead of time so that I will be able to make the appropriate reservations. You can send me an email with feedback anytime: silvalining322@gmail.com.

On October 28th we will be making Shortbread Halloween Cookies. Bring your creativity! We will be cutting the shapes, baking and decorating them... Your grandchildren will love them! You must reserve your spot.

Mark your calendars as we honor our Veterans on November 9th starting at 11:00am at the Oakham Congregational Church. We will have a presentation, a luncheon and the Greendale Men's choir will be performing. It's going to be a wonderful celebration!

HAPPENING IN OCTOBER:

- **Zumba Gold:** Oct. 4,7,11,14,18,21,25,28 10:00a.m.-11:15a.m. - \$2.00 per person.
- **Oldest Cemetery Tour w/ Lee Dougan:** meet at the Senior Center, Wednesday, Oct 12 at 10 am- sign up
- **Blood Pressure Clinic** (Appointment not needed): Thursday, Oct. 13, 11-11:45 am
- **Podiatry (foot) clinic:** Monday, October 20 – Appointment required (call Lucy)
- **Seasonal Cookie-Baking Class** with Melanie, Fri, Oct. 28 at 12:30 pm-sign up
- **Friday Lunch Bunch:** J&J's Restaurant, 815 Worcester Rd., Barre, 12:30, Oct. 21-sign up

CLOSED Monday, Oct 10 – COLUMBUS DAY! YARD SALE NEWS:

We opened promptly at 7:30 a.m. and we were kept busy the whole day. It was an excellent day all around and we did very well. Our sincere appreciation to Gene Mesch (without whom we could never have completed the day), Pauline Dwelly, Priscilla McGlynn, Diane Rochette, Barbara LaBorde and Raul LaBorde, all of whom so generously volunteered their time to help us through the day, and to the kitchen helpers at the Church who provided us with a delicious lunch and beverage.

This will be the **last** yard sale that we will offer for the Sr. Center unless there are others willing to take charge. Please let us know. We are willing to help plan the event next year.

SHINE: BE AWARE!

Open enrollment starts on Oct. 7 and goes until Dec.15. If you are not happy with your insurance plan, this is the time to change it. If you have any questions, meet with a SHINE rep by making an appointment by calling Lucy at 508-882-3358.

TOUR THE BURYING GROUND:

We go by this spot every time we pass through the center of town. It is easily seen but usually just by-passed without too much thought. Ever wonder who is buried there? Or the name of the first resident buried there? Who owned the land? Who were the youngest and oldest? What do the designs on the grave stones represent? Who were some of Oakham's patriots? Who has the largest grave stone? Who had a poem written about him?

On Wednesday, October 12, at 10:00 a.m., weather permitting, Lee Dougan, a director of the Oakham Historical Association, will guide us on a historical tour of this cemetery. Come and learn interesting facts and stories about Oakham's founding fathers, read the epitaphs on stones from the 1700s and early 1800s and understand their meanings. Learn how the center of town was created and developed. Following the tour there will be beverages and snacks available at the multipurpose room at the Sr. Center.

Please let us know if you can join for this unusual program by calling Jan at 508-882-5251 or Lucy at 508-882-3356 sign up at the desk. If you wish to stay for lunch after the tour, please reserve with Jan by October 6.

PROFESSIONAL PODIATRY CLINIC:

Allison Williams is a licensed and insured nurse who provides Professional Foot Clinics. She has 18 yrs. Experience, mostly focused on the elder population. Currently she is providing Podiatry Clinics with several local Sr. centers: Brookfield, E.&N. Brookfield, Barre/Hardwick, Wales and Holland.

Each person visiting the podiatry clinic will be given a 30-minute appointment where Allison will assess problem areas, trim toenails, sand corns and calluses and finish

with a gentle massage. She will come once a month to Oakham's multipurpose room at the Sr. Center for a private appointments.

The cost for the service is \$28, payment due the day of the service by check or cash. The Oakham COA will issue every client a \$15 coupon for their initial appointments, which are scheduled for Monday, October 24, beginning at 9:00 a.m. so your actual cost will be only \$13. Our first available appointment is at 10:00a.m. Please make your first appointment by calling Lucy at 508-882-3358. After your first visit, future appointments will be made with Allison. This is a new program offered by the Oakham COA and this will be our trial run.

MEMOIR GROUP:

Ten of the original members of this class held a reunion on Sept 16, 2022 in the multipurpose room. Melanie, our new Activities Coordinator visited with them to gather new ideas and input for the months ahead. The next autobiography class could begin as soon as we get 8 or more people interested in this most worthwhile endeavor, one of the best programs we have ever sponsored. Please let us know if you are interested.

THE "DONUT HOLE":

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often called the "donut hole". If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. *PRESRIPTION ADVANTAGE* can help. This is a state-sponsored program that supplements your Medicare drug plan to fill the gap. For more info: call MassOptions at 1-800-243-4636, Monday-Friday 9am - 5pm.

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

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



OAKHAM HISTORICAL ASSOCIATION NEWS:

On October 22, from 5 till 10 pm, the OHA will be hosting a buffet dinner dance at Quail Hollow with the Otters providing the music. The meal includes maple roasted pork loin, breast of turkey with stuffing and gravy, broccoli over rice, salad, bread, and dessert! The cost will be \$40/person, payable by check (no credit cards, sorry) made out to: The Oakham Historical Museum, box 236, Oakham, MA. Or call Kathy, at: 508-882-3137.

In November there will be an interesting presentation of swords and various militaria given by Tom Saupe, and in December Roger Tinknell will be on hand for an enjoyable afternoon. More information will be given as the dates come closer.




IN SYMPATHY...

We are deeply saddened to hear of the passing of Cale Griffith on Sept. 17, only 42 years old. He was an artist, like his mother, Elaine Griffith of Barre Plains Rd. His father, Eddie Griffith died in 2013. There were no details at press-time, but our hearts go out to Cale's family and friends.

The Senior Center lost dear friend Joan Kimball on Sept. 21. Joan lived in No. Brookfield, but worked for years at St. Joseph's Abby in Oakham, tailoring clerical vestments. She was a woman of great faith. And she was a lunch-time regular at the Back Door Cafe, a dedicated jig saw puzzler, and ever a dry wit. We all miss her very much.

We also note with regrets the passing of Carl Iannoli Sr., father of Charles Iannoli Jr., of East Hill Rd. Our sympathies to the family.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Pot Pie Mashed Potatoes Country Blend Vegetables Mixed Fruit Biscuit	4 Spaghetti & Meatballs Marinara Sauce Green Beans Peach Crisp Diet = Peaches Italian Bread	5 Potato Crunch Fish Herbed Potatoes Pea & Onions Cinnamon Streusel Cake Diet = Half Piece Pumpnickel Bread	6 Baked Ham w/ Maple Glaze Sr Crm/Chive Potatoes Carrots Fresh Fruit Marble Rye Bread	7 Garlic Herbed Chicken Bread Stuffing Roasted Brussels Sprouts Lemon Pudding Diet = SF Tapioca Pudding Whole Wheat Bread
10 Columbus Day (No Meal Served)	11 Hot Dog Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	12 Stuffed Pepper Casserole Mashed Potatoes Carrots Vanilla Mousse Marble Rye Bread	13 Ranch Chicken Wild Rice Mixed Vegetable Fruited Ambrosia Diet = Pineapple Pumpnickel Bread	14 Braised Beef Gemelli Pasta Broccoli Pears Italian Bread
17 Chicken Pesto Scalloped Potatoes Roasted California Blend Vanilla Pudding Diet = Dt. Vanilla Pudding Pumpnickel Bread	18 Burger w/ Chili & Cheese Green Beans Yukon Gold Potatoes Fresh Fruit Sandwich Roll	19 Roast Pork Loin w/ Gravy Cranberry Herb Stuffing Cabbage & Carrots Baked Apples Marble Rye Bread	20 Egg Frittata Red Bliss Potatoes Stewed Tomatoes Lorna Doones French Bread	21 Ham Salad Tomato & Cuke Salad Potato Salad Strawberries Pita Bread
24 Shepherd's Pie Carrots Peas Chocolate Pudding Diet = SF Chocolate Pudding Marble Rye Bread	25 Greek Chicken Casserole Steamed White Rice Roasted Cauliflower Peaches Pumpnickel Bread	26 Turkey Supreme Mashed Sweet Potatoes Scandinavian Vegetables Fresh Fruit Italian Bread	27 Meatloaf w/ Gravy Garlic Mashed Potatoes Chuckwagon Corn Birthday Cake Diet = Half Piece French Bread	28 Lemon Pepper Fish O'Brien Potatoes Mixed Vegetable Pear Crisp Diet = Pears Whole Wheat Bread
31 Teriyaki Beef Steamed Rice Broccoli & Red Peppers Cream Puff Whole Wheat Bread				
MENU SUBJECT TO CHANGE				
Your \$2.50 Donation is Appreciated!				
Our caterer is working hard to fulfill menu items as printed. Thank you for your patience. We are anticipating possible menu changes due to vendor shortages and product availability throughout the year.				