



THE OAKHAM HERALD

February 2023

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, 11 am-12:30 pm

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

PHONE: 508-882-5501

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

CORN HOLE WITH QUABBIN POST-GRADS:

Our Senior Corn Hole Players got together with a number of post-grad Quabbin students on January 10, in the multipurpose room at the Back Door Café. Students and seniors played together, enjoying the competition and camaraderie. Sandy and Barbara Wreschinsky volunteered to help Melanie with this project and from all accounts it was a fun new experience for the students, their teacher, and the seniors.

The Corn Hole Players meet every Tuesday at 10 am in the Back Door Café for about an hour. The game goes back to *quoits*, a game like horseshoes, only with rings of metal or rope thrown over a spike. Cornhole uses bean bags and a round hole, giving it a strategy element like shuffleboard. Up to 4 can play at a time.

It's easy to learn and play for both men and women, young and old. It keeps players moving, bending, and improving their coordination while allowing for friendly conversation. Anyone's welcome to come and join right in. So please do! We're all new to this and having fun. Every Tuesday at 10.

FEBRUARY CALENDAR:

Property Taxes due: Feb 1

Chinese New Year Lunch: Feb. 3, noon @
Empire Village, 441 Main St. (Rt. 20)
Sturbridge. RSVP Lucy 882-3358.

Card Making Workshop- Wed. Feb 8, 10-
11:30am

Valentine's Day: Tuesday, February 14
Making Cake Pops – Wed., Feb 15, 10am

Lunch Bunch: Friday, February 17
meet at E.B.Flatts Restaurant,
E.Bookfield, at 12:30pm

Closed February 20, 2023 – Presidents' Day

Blood Pressure Clinic: Feb. 12 from 11 till
11:45 am

Podiatry Clinic (by appointment only):
Feb. 27th from 9 till 12:30 pm

Corn Hole: Every Tuesday from 10 - 11 am
Coffee Wed's - with friends! social –
Every Wednesday 9:00 - 10:00 am

Zumba: Every Tuesday and Friday, from
10:30 - 11:15 am in the voting room

New! – Card playing – Wed. Feb 22 from
10-11:30 am

COFFEE WEDNESDAYS – with friends!

This new meet and greet activity is fast becoming the place to be on Wednesday mornings in the multipurpose room. Melanie looks to meet seniors and make friends in the warm comfort of the Back Door Café. She wants to hear your ideas, thoughts and concerns, and help implement new programs for seniors. Why not join her? We gather each Wednesday from 9 to 10 am. Most often, these get-togethers are followed by a fun activity – preparing snack treats, creating Valentine cards, or playing cards with friends. Be sure to check above for the Wednesday activities this February.

CARD MAKING WORKSHOP:

Join us **Wednesday, February 8 at 10:00 am.** for a Card Making Workshop. A talented woman named Rhonda will guide us in creating both a Valentine's card and a Birthday card to bring home and share with whomever you choose. Rhonda will bring everything we will need to complete this project. All you need to bring is YOURSELF - and \$5. Please reserve your spot by Feb. 3 by signing up at the Back Door Café or calling Melanie at 508-864-9224 or emailing her at silvalining322@gmail.com. Come early for Coffee and Conversation! A great way to start the day.

CAKE POPS!!

The first Wednesday in January, Melanie held a very active meet and greet social hour followed by a short lesson on preparing small, no-cook protein bites of different flavors. We each prepared one variety of snack and then shared them around. They were all delicious and so easy and fun to make that she was asked to offer another short class on **Wed., February 15 at 10 am.** She's proposed to make **CAKE POPS** this time. Please sign up at the Back Door Café by Feb 10 to be sure that we have enough ingredients for everyone. Come and enjoy!



CARDS:

We have heard some interest in starting a group of card players, so we are setting up our first date for cards on **Wednesday, February 22 at 10 am.** Those who attend may make schedule changes and partnerships as they wish - majority rules. So bring a friend or a group of card playing friends and let's get a good game going. Of course, refreshments will be available. Please let us know if you will come.

LUNCH BUNCH

we will be meeting on **February 17 at 12:30p.m.** for this month's lunch out at **E.B.Flatt's in E. Brookfield, Rte 9**. Please make your reservations with us by February 6 to ensure we have seats for everyone. As usual, each person may order from the menu and is responsible for his/her tab and tip.

PODIATRY CLINIC – GOOD NEWS!

For all the participants in this clinic: we have had such great response from people signing up for this program that we have researched adjusting the cost of each appointment. The Town Select Board has agreed to let us defray the cost of this service through a grant that we received. As of January 20, the cost per person has been lowered from \$28 to \$15, payable to the nurse. The grant will pay the remaining \$13 per person.

Please be sure to make appointments by calling Lucy at 508-882-3358. Time slots are filling fast. Each appointment is for 30 minutes beginning at 9:00 am. and ending at 1:30 pm. To sign up for February, please call Lucy before February 16 or call the nurse at 774-353-8827. **To sign up for the March 20 podiatrist clinic, please call the nurse at 774-353-8827 to register.**

NEW COVID-19 TREATMENT HOTLINE:

Tested positive for COVID-19? Telehealth is a quick and free way to see if you are eligible for COVID-19 treatment. You can access telehealth services by calling 833-273-6330 or by completing an online assessment at mass.gov/CovidTelehealth. Clinicians are available every day from 8 am to 10 pm.

This service is not for medical emergencies or those who have severe chest pain or shortness of breath.

DIAL-A-LAWYER: FREE LEGAL ADVICE!

Do you have a legal problem or question? Each month the Mass. Bar Assoc. holds a Dial-a-Lawyer program for seniors and members of the general public to call their Hotline for free legal advice. Dial-A-Lawyer attorney volunteers are in good standing and have a wide range of legal experience. Attorneys are available to answer questions on several different topics, including family law, bankruptcy, real estate, labor and consumer rights and more.

To use Dial-a-Lawyer, call (617)338-0610 or (877)686-0711 on the FIRST WEDNESDAY OF THE MONTH from 5:30 till 7:30 pm.



IN SYMPATHY...



We are sorry to note the passing of **RAYOND "RAY" MOULTON** who passed away at the Lutheran Rehab and Skilled Care

Center on Jan. 15, his wife Sheryl by his side. He was 78.

He was born in Southbridge, raised in Charlton, and joined the Navy after high school. He trained as an electrician and after his discharge, worked for 36 years at NE Telephone. He was a lineman, cable splicer, supervisor, and member of the "Killer Bees", an elite, innovative group of communications system operators at the company.

But Ray had another life as an outdoorsman. He learned to hunt and fish at his father's side. Later, he traveled all over North America tracking wild game, from turkeys to caribou to bear. He was a competitive archer, winning "Champion Archer of New England" for bagging the biggest black bear ever with a bow in Massachusetts. He learned to shoot film and began Creative Video Productions with a friend. Soon he was filming professional hunters on the Wildlife TV network, and later for Bass Pro Shops.

He also excelled as a water skier on Glen Echo Lake in Charlton and traveled the East Coast with the Springfield Motorcycle Club, winning trophies for enduro races. He was a good skier, staying at it into his 70's. In later years, after he came to Oakham, he had his flower and vegetable garden, including a plot for deer, and kept his binoculars handy. He was a good storyteller and certainly had good stories to tell. He made the most of life.



We are further saddened to report the passing of **Robert Phoenix, Jr.** age 65. Robert grew up in Oakham, attended Quabbin Jr/Sr.

High School, and then Worcester State College/University, where he earned his Bachelors and Masters degrees. He worked as a computer programmer for several companies and pursued a lifelong proclivity for puzzles: crosswords, sudokus, word searches, and such. He was adept at board games and games and Nintendo, and a whiz at Wheel of Fortune and Jeopardy. He was also a card shark. Clearly, one smart individual.

Robert was also a film buff and enjoyed going to Boston and New York to enjoy Broadway shows. He was a frequent traveler, here and abroad. An interesting man.

Robert left a lot of family in town and around: his sisters Liz Sisco and Mary Brenda Phoenix, and their kids -- his nieces and nephews; as well as cousins, uncles, and aunts from both the Phoenix and Bechan clans, with roots here in Oakham. His parents, Bob and Phyllis, and his brother William predeceased him, Phyllis only this past July. We'll miss him.



We also want to commemorate the tragic loss of **MEGAN K. OLIVER** who died peacefully at Mass General in Boston on Jan. 23. She was only

34 years old.

She grew up in Worcester and lived in Charlton, but has close family here in Oakham: her parents, Richard and Robin Oliver, her grandmother, Marcia Dwelly, and other extended family. She was a veterinary tech. and an assistant manager at the Barkwood Inn Pet Resort in Charlton. She loved greyhounds. Megan was loved herself and will be sadly missed. Our deepest sympathies to the family.

And finally, we've gotten word at press-time that our friend, Claudia Lacerte, of Flint Rd., has died. We hope to have details next time.

We do try to keep track of everyone's losses here at the Herald, but know we miss some. Our apologies - and sympathies - for those we miss...

THE VIRTUAL JUKEBOX:

Last month, the Virtual Jukebox (the VJ) sported #1 hits from every five years from 1952 to '72. This month we'll move that up from 1953 to '73. 20 more years in which our musical tastes were honed.

Just place your cursor over the link on the jukebox till the instruction comes up to "hold down the Control Button and left-click." Do that, and it should come up. Spotify asks you to sign up for the free player. It's free, it comes with no obligations. It's safe & easy.

You'll see the selections with play arrows before them. If you're reading a paper "Herald", you can type the link below by hand right into your web browser. Enjoy!



'53:

Vaya Con Dios – Les Paul, Mary Ford
Jambalaya – Hank Williams

'58

Claudette – The Everly Brothers
Sugartime – The McGuire Sisters
Yakety Yak – The Coasters

Notes to the last Virtual Jukebox:

Last time, we played "Glow Worm" by the Mills Brothers and "Kiss of Fire" by Georgia Gibbs, from 1952. The Mills Brothers were the first and best of the a cappella vocal groups and the inspiration for later doo wop. Georgia Gibbs, one of the top singers of the Golden Age of Pop Music, was born Frieda Lipschitz to a single mother in Worcester, MA. While her mother was away working, she'd be home with only the radio to keep her company. She had a couple of #1 hits covering songs by black artists, made appearances on Ed Sullivan and other TV and radio shows and was quite popular – until rock and roll came along...

Another artist some may not be familiar with, though huge in his day, is Guy Mitchell. He sold 44 million records, had a couple #1's, had his own TV show – but he got lost in Elvis' shadow and was soon forgotten.

Next time – Zumba hits!

'63

Don't Say Nothing Bad About My Baby – The Cookies
Walk Right In – Rooftop Singers
The End of the World – Skeeter Davis
Pipeline – The Chantays

'68

The Dock of the Bay – Otis Redding
Chain of Fools – Aretha Franklin
Folsom Prison Blues – Johnny Cash

'73

Stuck In The Middle With You – Stealers Wheel
Rocky Mountain High – John Denver
Dueling Banjos – Eric Weissberg & Steve Mandel

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

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GENERAL NEWS from the BackDoor Café:

1. We have free COVID tests – stop by and pick up yours.
2. We have a book case full of gently used books and DVD's that are available to everyone. Come and borrow one. Or 2!
3. We always have a puzzle in progress for everyone to put together here every day and we have others that are available to take home.
4. Durable Medical Equipment – We have gently used medical equipment for folds that may need a walker, cane, shower chair, wheelchair and transport chairs for a short term basis (depending on availability). Call us at 508-882-5251 to see if we have what you may need **before** you purchase something.

IDEAS:

Do you have an idea for an event or activity? Contact Melanie Silva, our Activities Coordinator, and she will be delighted to discuss your thoughts.

Do you have an idea for an educational, legal or medical (SHINE) program that you would like more information about, let Lucy, Priscilla, or Pauline know.

