



THE OAKHAM HERALD

January 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: 508-882-5251

Activities Coordinator: 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

BACK DOOR CAFÉ:

Coordinator: Jan Pierce

Volunteers: Pauline Dwelly
Diane Rochette

NEWSLETTER: Rick Hendra
Lucy Tessnau

FIRST-TIME OFFERED: CORNHOLE!!

We hope many will join us for Cornhole January 10, at 10:00 a.m. and every Tuesday morning thereafter in the multipurpose room. We are leading up to Corn Hole competitions, so bring a partner – or three! – if you can. Just a heads up, the players who practiced last month to prepare for this were very good.

Also, students from the **Quabbin Post Grad** class will be coming to set up coffee, tea, etc. at 9 a.m. for you and will prepare the sports equipment to get ready for the games. They are anxious to work with us and we look for your support. This is a great connection with our youth. Cool!

PROTEIN BITES:

Starting January 4 at 10:00a.m. at the Back Door Café, Melanie will teach us to prepare protein bites, a great snack to have on hand instead of all the fatty and sugar-filled snacks we too often enjoy during the Holiday season. We will have an opportunity to make several different types of bites and to take home a variety, so bring a container with you. Sign up at the Café.

HAPPY NEW YEAR

Well, we were certainly busy during the Holiday Season at the Back Door Café and the Sr. Center with our various activities. Looking back, we're so pleased with Seniors' support and turn out at these programs. We thank everyone for a great year.

Zumba has been increasing in membership and number of classes per week, the podiatry clinic with Allison has been well attended, the pre.-holiday lunch was outstanding with 39 attendees at the Barre Patch, and coffee with friends on the first Wednesday of the month has discussed many good ideas.

Twenty-one participated in the Bemis Farms Nursery class, creating holiday swags. They all turned out professional works of art. Melanie arranged a lovely trip to Tower Hill during their light display. It was beautiful! The Yankee Swap and Christmas party was fun and the first practice for corn hole was held. Now, we are anxious to get going for the New Year.

What can you expect for January, 2023? Just peruse these pages for plenty of new things to do...

JANUARY CALENDAR:

Cornhole – Jan. 10, 17, 24, 31 @ 10 am
Blood Pressure Clinic: Jan. 12 @ 11-11:45
Martin Luther King Day: Jan. 16 CLOSED!
Chinese New Year @ Imperial Chinese Buffet: Jan. 20 @ 11:45 am meet at Sr. Center to car pool.
Podiatry Clinic: Jan 23 (by appointment)
Chess – Jan. 25 @ 10 am
Zumba – Jan. 6, 10, 13, 17 20, 24, 27, 31 10:30a.m. – 11:15a.m.

CHESSE FOR SENIORS:

Let's face it. People think chess workshops sound boring. And that's a shame because chess is not only exciting to play, it's also good for you. It improves memory and prevents dementia! It's also a great way to socialize and stay mentally active.

So come and have a cup of coffee and learn to play chess the right way – fundamentally sound AND fun! Join us on **January 25, 2023** at 10:00a.m. and Dave of Therapy Gardens, Inc. will lead the workshop.

Topics include moving the pieces, opening moves, middle and end game play, and tips and tricks for improving your game. We will also discuss the history and development of chess through the ages, from ancient Persia to modern-day America.

We could eventually form a regular chess group so bring a friend. If you are looking for a great cold weather activity that is social and educational, give chess a try. Sign up at Back Door Café or Call Lucy at 508-882-3358 or 508-882-5251.



CARDS ANYONE?

Anybody interested in playing cards? We've had a weekly whist match before Covid cooled it. But we are open for new ideas too: pitch, bridge, cribbage? Please let us know. We can easily set it up: we have tables and a cards closet with fresh decks and shufflers.

LUNAR NEW YEAR @ IMPERIAL CHINESE:

As ever, we will be celebrating the Lunar (Chinese) New Year with a trip to Imperial Chinese Buffet in Shrewsbury on January 20. We will meet at the Senior Center at 11:45a.m. to car pool if necessary. The restaurant is located in the Fairview Plaza at the intersection of Rte. 9 and Maple St. Please sign up at the Senior Center for reservations.

BLOOD PRESSURE CLINIC:

The nurse will be here on December 8 at 11:00a.m. to check blood pressures. No appointment necessary.

PODIATRY CLINIC:

The nurse will be available on Monday, December 19. Appointments are necessary. We schedule them 30 minutes apart starting at 9:00a.m. This has been a great addition to the services we provide to our Oakham seniors. Call Lucy for an appointment: 508-882-3358

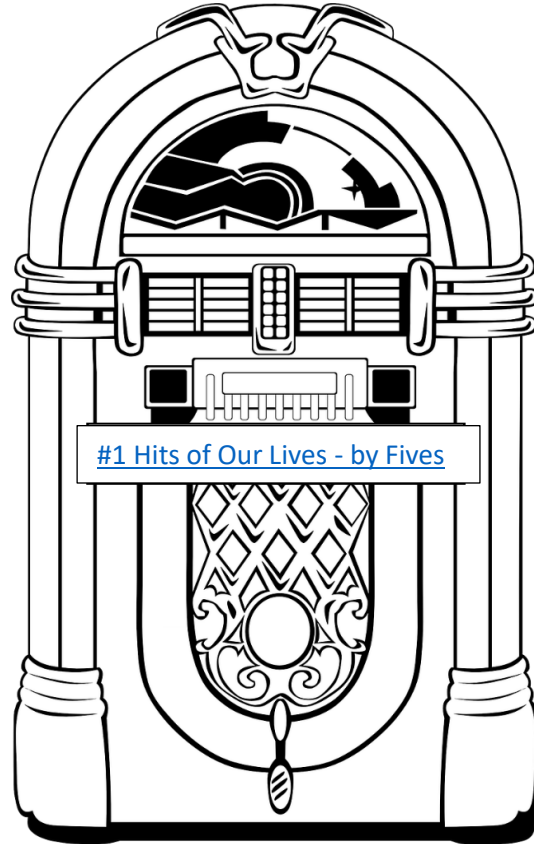
THE VIRTUAL JUKEBOX:

Yes, the virtual jukebox is back with another selection of memory jogging hit tunes. This time, we're going to reach back to some #1 hits, two each from 1952, '57, '62, '67, and '72. That's the 20 years in which most of us will have honed our musical tastes. Watch how fast the music evolves!

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 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!

**ERRATA, CORRECTIONS, ETC:**

We regret that a second holiday jukebox by Rich Hennessy was inadvertently omitted last issue. Next year!

SHINE NEWS:

What if I missed the Medicare Open Enrollment Period? The MA Open Enrollment Periods occurs each year from Jan. 1 through March 31 and is only available to people who are enrolled in a Medicare Advantage plan as of Jan. 1, 2023. One change may be made during this period: a different MA plan with drug coverage, a different MA plan w/o drug coverage, Original Medicare and a Pat D plan, or Original Medicare w/o a Part D plan. This is an opportunity to make a change if you find your coverage is not working for you; for example, one of your doctors no longer accepts your plan.

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

SCAM ALERTS (see flyers):

1. Don't let adorable photos and videos lure you into a puppy. Always do your research of the sellers and consider adopting from local animal shelters. Purchasing a pet online can be an emotionally charged experience so be on the alert for scams.
 2. Shop Safe. Shop Smart: product shortages and increased online shopping result in more online scams. Check with BBB.
 3. Contact BBB to take steps to stop porch pirates.
 4. Never give personal info over the phone to anyone. Scams on renewal of drivers' licenses are increasing since a deadline has been set for the REAL ID licenses. The new deadline that has been extended to May 7, 2025. Don't get caught by those saying they are due now. The Registry of Motor vehicles will not call you and will not ask for personal info.
 7. You get a call offering to send you a free medical alert system, back brace or other medical equipment and the caller says they will bill Medicare and send you the equipment for free. They just need your Medicare or Social Security number to process the order. What do you do? **HANG UP!!!!** Call 1-800-MEDICARE. Give no personal info. Beware of free offers.
 8. Change your PIN numbers often for EBT cards (P-EBT): if someone calls and says your card is blocked, do not call the number they give to unblock. Hang up and call the Assistance Line at (877-382-2363) or the EBT Customer Service Line.
- Beware of Medicare phone scams! There are several out there. Never give out any personal information over the phone. Medicare will never contact you by phone.**