



THE OAKHAM HERALD

September 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 (Backdoor Cafe);
508-882-4073 (COA)

Activities Coordinator: Melanie Silva

COA BOARD MEMBERS:

Chair: Barbara Wreschinsky
Vice-Chair: Jan Handrahan
Treasurer: Lucy Tessnau
Secretary: Rick Hendra
Members: Priscilla McGwynn
(Secretary of Celebrations)
Alternate: Becky Austin
Volunteers: Jane Pease, Judy Menard
Susan Richard

BACK DOOR CAFÉ:

Coordinator: Jan Pierce
Volunteers: Pauline Dwelly
Diane Rochette

NEWSLETTER: Rick Hendra
Lucy Tessnau
Melanie Silva

SEPTEMBER EVENTS: (see also p. 2)

Blood Pressure Clinic: Thurs., **Sept. 7**, from 11 till
1:45 am. Walk in - no charge!

Podiatry Clinic: **Sept. 18** (call for appointment)

September 4: LABOR DAY (SenCen closed)

September 8: Council on Aging Mtg – Noontime.
All are welcome!

September 15: Lunch Bunch at La Cantina in
Leicester at 12:30 pm (p.5)

September 20: Photographer Mike Zeiss (p.2)

September 21: Birthday Lunch of the Month
Celebrating all those born in September!

September 27: Tina Pignataro (hospice), 10 am

Zumba Gold Mondays – from 10:30 - 11:15 am in
the Voting Room

Corn Hole Tuesdays: from 10 - 11 am on the
Common (at the Church if it rains).

Cards & Cribbage: Tuesday afternoons @ 1 pm

Coffee Wednesdays: Social hour – 9 to 10 am

Movie Wednesdays at 1 pm: (p. 2 for more)

September 13: "Pompeii"

September 27: "Air"

BBC Thursdays: at 12:30 – Bring a craft or project
you wish to finish and enjoy a BBC series.

FUNctional Fitness Fridays – 10:30 am in the
Voting Room

MOVIE WEDNESDAYS!

1 pm at the SenCen Cinema:

September 14: "Pompeii" (PG-13)



In 79 A.D., Pompeii, a bustling port city, stands in the shadow of Mount Vesuvius. Milo (Kit Harington), a former slave, is a gladiator who has caught the eye of Cassia (Emily Browning), a wealthy merchant's daughter.

However, their difference in social status is not the only obstacle to their love; Cassia has been promised to Corvus (Kiefer Sutherland), a corrupt Roman senator. When the eruption of Mount Vesuvius rains lava and ash down on the city, Milo races to save her before it's too late.

September 27: "Air" (rated R for language & a nude male statue)



Air is a 2023 American biographical sports drama directed by Ben Affleck and written by Alex Convery. The film is based on true events about the origin of Air Jordan, a basketball shoeline, for which a Nike employee seeks to strike a business deal with rookie player Michael Jordan.

It stars Matt Damon, Ben Affleck, Jason Bateman, Marlon Wayans, Chris Messina, Chris Tucker and Viola Davis.

BRUNCH & LEARN: END OF LIFE CARE

Now's the time to find out about it and learn what your options are. Tina Pignataro from Brookhaven Hospice in Westborough will address questions about end-of-life care at **10:00 on September 27.**

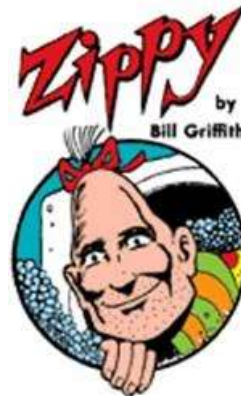
OAKHAM HISTORICAL ASSOCIATION:

The end of the visiting season is fast approaching, so if you haven't made it yet do note that the Museum is having an Open House from 1 – 4 pm on September 24.

The OHA will be holding its annual Dinner Dance at Quail Hollow Golf and Country Club (1822 Old Turnpike Rd.) on October 21, from 5 till 10 pm. There will be a buffet turkey dinner and dancing to the rock & country music of Nashville Blue (they're good). There will be raffles on gift baskets and certificates, and a good time will be had if last year is any guide.

The cost is \$50 per person (which is cheap for a meal these days) and you'll be helping to preserve Oakham's heritage. What's not to like? Checks (only) can be sent and made out to the Oakham Historical Association, PO Box 236, Oakham, MA 01068. The deadline is October 13. Please call Kathy Young at 508-882-3137 with any questions.

BRUNCH & LEARN: "Read the Fine Print: Confessions of a Comic Strip Location Scout"



On Wednesday, Sept. 20 at 10 am, we'll hear from Uxbridge photographer Mike Zeis, who has taken pictures of classic diners and roadside oddities and sent the shots to Bill Griffith, creator of the difficult-to-fathom Zippy the Pinhead comic strip.

Griffith used Zeis's photos to draw backdrops for his comic strip, which appears in newspapers such as The Boston Globe and The San Francisco Examiner. To date, 15 strips have been based on Zeis's photos, including Spencer's Kenwood Diner, Burg-O-Rama in Oxford, and Wein-O-Rama in Cranston, RI. **(Continued on p. 3)**
(Continued from p. 2: Brunch & Learn w/ Zippy)

Panel by panel, Zeis will show the photos on which the strips were based, while discussing the appeal of the locations. He will also talk about techniques for documenting a location for an illustrator. Both shallow and deep discussions of the meaning of the strips will be avoided. **Wed, Sept. 20, at 10 am.**

**NEWS FROM SHINE – PLEASE READ!
IMPORTANT MAIL FROM YOUR DRUG PLANS AND
MEDICARE ADVANTAGE PLANS**

It's that time of year... if you have a Medicare Part D prescription drug or Medicare Advantage plan, your plan will mail you a document called the Annual Notice of Change (ANOC) by the end of September. The ANOC is a summary of changes to your plan for 2024. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. Make sure you read this important document and think about whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan and request another copy.

If you would like to change your plan for 2024, you may do so during the annual Medicare Open Enrollment Period. You may make changes to your coverage between October 15th and December 7th, and the changes will take effect January 1st. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. Before you call SHINE, visit www.medicare.gov and create a personalized Medicare account. You can enter your medication information to help determine the least expensive plan.

Mass Health Renewals Are Back:

Starting April 1, 2023, MassHealth has returned to its standard annual eligibility renewal process. All 2.3 million members will be reviewed over the following 12 months. Members who need to

provide information to MassHealth will receive a redetermination package.

In preparation for this, it is important that you:

- Report any address changes or status updates to MassHealth as soon as possible.
- Update MassHealth by calling the Customer Service number at 800-841-2900
- REMEMBER: IF MASSHEALTH CAN'T REACH YOU, THEY WILL DROP YOU!
- Open and read any communication from MassHealth as soon as it arrives in the mail
- Follow the instructions in the letter and return any forms and required documentation
- Make sure you reply well in advance of the deadline

More on SHINE:

SHINE (Serving the Health Insurance Needs of Everyone) is funded through the federal Administration for Community Living and administered through the Massachusetts Executive Office of Elder Affairs. Certified counselors are available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss **all options** related to Medicare and additional coverage and we do not sell any plans.

Oakham's SHINE representative is available the 3rd Thursday of each month from 10 am to 1 pm. Call for an appointment: 508-882-4073. In Central Mass, you can also call the SHINE Regional Office at 508-422-9931. A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail. We also offer excellent resources online through our website at www.shinema.org, our Medicare 101 webinars, and our Facebook page: SHINE Central MA.



IN SYMPATHY...

We sadly note the passing this month of Glen Moreau, a hard man to forget. He was born in East Brookfield, died in Oakham, but lived between on the roads and trails, wherever his Harley or his snowmobiles would take him. He had a passion for motor vehicles. His official obit speaks to his spirit of adventure, his fearlessness, and his "boundless enthusiasm".



It also speaks to his outgoing manner and boisterous personality. He had a keen sense of humor and a hearty laugh – a man whose joy was contagious, brightening the lives of those around him. He was the sort to be noticed, and all the more missed.

He will be especially missed by his grandkids, Cassidy, Baileigh, Carter, Camden, and Evie. His love for them kept him rooted. He also leaves his ex-wife, Sharon Kresco Acuña, to whom he was married for almost 20 Years. Our condolences to Glen's family and friends.



Barbara Murphy died August 15 at age 95, her family around her. She'd been living here in Oakham with her grandson, Sean Blood and his wife, Angela. But she was born in Boston and lived in Worcester most of her life. She worked

many years as the classified ads supervisor at the Worcester Telegram & Gazette. She loved to read.

A woman of faith, she was "Past President of the St. Paul's Cathedral Club, Associate of the Sisters

of Mercy, and a Eucharistic Minister at St. Paul's Cathedral." She also was a volunteer at Outreach Foodbank and Abby's House, according to her official obit.

In addition to her grandson Sean and Angela, she leaves her daughter, Patricia Gervais, two great grandsons, and three great great grandchildren. Her family and friends will miss her dearly.



We want to extend our sympathies also to Cheryl "Tootie" Poirier, a lifelong resident of Worcester who, for over 30 years, kept a camp in Oakham. Cheryl and her husband

Mickey "enjoyed the solitude" they found here as well as good times with family around the campfire. Our condolences to all her friends here.

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These notices are drawn from the T&G and from official obituaries and tribute walls submitted to funeral homes by the family and friends of the deceased, with occasional additions of first-hand or public knowledge as available. Please notify the editor of any factual errata.

THE VIRTUAL JUKEBOX: a monthly feature



In this playlist of 32 guitar led songs, you'll find a short history of the instrument in American popular music over the last 100 years. It begins with the first great master of blues/jazz guitar, Lonnie Johnson, and runs

to Stevie Ray Vaughn and Dick Dale.

Just click on "Guitars!" or go to: <https://open.spotify.com/playlist/3GyxP7AlsXZnavHo4DptHb>

**Oakham Council on Aging
2 Coldbrook Rd.
Oakham, MA 01068**

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**FROM THE OAKHAM COUNCIL ON AGING:**

The Council on Aging (COA) met Aug. 11 and heard from Melanie about planned changes in scheduling at the SenCen aimed to bring more speakers on matters of serious concern, like health and safety, legal and finances, to Wednesdays when more seniors are likely to attend. She also announced a new “FUNctional Fitness” program for seniors on Friday mornings, hoping to reach a less limber demographic than Zumba.

Rick reported that he will now be posting agendas and minutes and Heralds to the COA pages on the Town website. So look for them there.

The COA is looking to bring more attention to the SenCen/Back Door Café. They’ve already gotten an “Open” flag they can fly outside the door. They’re now looking into an identifying sign for the outside of the building, facing the road, as well as a sandwich sign for announcing events closer to the road.



**THE LUNCH BUNCH: NEXT UP, “LA CANTINA” ...**

Most of you will recognize the place from the picture: yes, it’s Leicester landmark restaurant “The Castle”, newly renovated and renamed “La Cantina”. What some may not know is that the restaurant has a wide patio out back that looks out over a pond. An covered porch overlooks the patio and the water. Very nice.

The menu centers on Caribbean cuisine, which includes not only Mexican dishes like tacos and paellas, but tapas, empanadas, and such. Lunches are mostly under \$20. Meet us there on **September 15, at 12:30 pm.**