



# THE OAKHAM HERALD

March 2024

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:** 508-882-4072 (Backdoor Cafe);  
508-882-4073 (COA)

**Activities Coordinator:** Melanie Silva

### **COA BOARD MEMBERS:**

**Chair:** Barbara Wreschinsky  
**Vice-Chair:** Jan Handrahan  
**Treasurer:** Clare Hendra  
**Secretary:** Rick Hendra  
**Members:** Priscilla McGlynn -  
Lucy Tessnau  
**Alternate:** Becky Austin  
**Volunteers:** Jane Pease, Judy Menard,  
Paul Rochette

### **BACK DOOR CAFÉ:**

**Coordinator:** Jan Pierce  
**Volunteers:** Pauline Dwelly

**NEWSLETTER:** Rick Hendra (editor)  
Melanie Silva (reporter)  
Jan Handrahan (photographer)

### **MARCH EVENTS at the SenCen:**

**Blood Pressure Clinic:** Thurs., March 14 from 11  
till 11:15 am. Walk in - no charge!

**Blood Pressure & Glucose Screening:** Tuesday,  
March 27, 11 am till 1 pm.

**Podiatry Clinic:** Monday, March 18, from 9 am –  
2:30 pm (call for appointment).

**March 1:** Favorite Recipe Memory Lane - 12:30p

**March 8:** Council on Aging meeting – @ 12:00p

**March 12 & 26:** Get Geeky with Melanie  
(tech tips) Starting at 10:45 am

**March 13:** Film: "The Time Machine" @ 12:30p

**March 15:** The Lunch Bunch will meet at:  
The Hitchcock Tavern @ 12:30p

**March 17:** St. Patrick's Day

**March 19:** Vernal Equinox – 1<sup>st</sup> day of Spring!

**March 20:** Brown Bag Lunch @ Mechanics Hall!  
12:00 pm – FREE!

**March 21:** SHINE at 10:00 pm

**March 27:** Film – "POMS" at 12:30p

**Zumba Gold Mondays** – 10:30 – 11:15, Pine Acres

**Wii Bowling Tuesdays:** from 10 - 11 am

**Tuesday/Thursday Walk Aways** from 1 -3 pm

**Coffee with Friends Wednesdays** Socializing from  
9 till Lunch

**FUNctional Fitness Fridays** – 10:30 am in the  
New Braintree Town Hall.

**MOVIE WEDNESDAYS 12:30 pm @ the SenCen:**

**MARCH 13: "The Time Machine" (rated PG-13)**



Scientist H. George Wells (Rod Taylor) builds a time machine, and despite the warning from his friend David (Alan Young) against "tempting the laws of providence," decides to visit the future. Jumping ahead 14 years, he observes changes in women's fashion. Jumping ahead 40, he meets David's son (also Young) amid a terrible war. Finally, he travels thousands of years ahead to discover a post-apocalyptic world inhabited by humanoid Eloi and the monstrous Morlocks that feed on them.

This is the original film version of the HG Wells classic, and still the best. A thoughtful classic, done up in Victorian style. If you haven't seen it, you should. If you have, it's well worth seeing again. Rated

**GETTING GEEKY WITH MELANIE:**

Got a smartphone but you've never loaded an app for it? Still think of it as a phone with maps and pictures? Wondering how to access old emails and online banking on your laptop? Wondering how to block spam? Not sure you trust the Cloud?

Ask Melanie. March 12 and 26 at 10:45. Free!

**MARCH 27: "POMS" (PG-13)**



Martha (Diane Keaton) is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl (Jacki Weaver), a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents.

As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you. Also starring Rhea Perlman and Pam Grier. Rated PG-13.

**WALK AWAY THE STRESS! By Barbara Wreschinsky**

After a conversation at the recent Chili event, several of us decided to fit walking in as a part of our exercise efforts on days that Melanie doesn't offer Zumba Gold or Functional Fitness.

On the nicer days we dress for the weather, meet at the Senior Center at 11:00 (on Tuesdays, Wednesdays, and Thursdays) and plan our walk. We try to accommodate everyone's pace and distance needs. So far four of us have met and walk about a mile. It takes about 20-25 minutes and we are back in time for the congregate meal if reservations are made. On inclement days we will try DVD's for walking indoors.

Please join us when you are able. Walking with friends and good conversation does help to walk away stress! Please park behind the Town Hall in order to make parking at the back door available to seniors attending the lunch program.

## THE LUNCH BUNCH TO VISIT THE HITCHCOCK TAVERN:



If that restaurant façade on Rt. 9 in the center of West Brookfield, looks familiar to you, it should: *Ye Olde Tavern* has been sold and reopened under its original name: the *Hitchcock Tavern*. Originally built in 1760, the building is an historic landmark. Situated on Old Baypath Rd., on an important route from Boston to Albany, it served Washington, John Adams, and Daniel Shays in their day.

Today, it serves a menu of the usual comfort foods – including Shepherd’s Pie, Steak Tips, and Rattlesnake Pasta – but on further examination and there was no snake, just chicken. Hear snake tastes like chicken anyway. Just about every entree is under \$20. Google reviews gave it 4.2 stars out of 5.

## HEALTH NEWS: DURABLE MEDICAL EQUIPMENT

The Oakham COA makes used durable medical equipment available to borrow with distribution handled by the COA. For the safety of you and your loved one, we recommend that you seek medical advice about the equipment you borrow. Please call the Center’s office for more information and/or to make borrowing arrangements.

## SHINE:

### Serving the Health Insurance Needs of Everyone

If you would like to schedule an appointment, please call the senior center at 508-882-4073 and speak with a volunteer or leave a message. You will receive a call to schedule an appointment.

## BROWN BAG LUNCH/CONCERT: FREE!

At Mechanics Hall! Join us there on March 20, at noon, for a performance by the Daniel Bennett Trio. Blending jazz and folk, New York saxophonist Daniel Bennett has been hailed as one of the most original and unpredictable musical voices of his generation. The New York Times called the show, "Witty, Likable and Ludicrous!" Daniel Bennett's genre-bending sound has captivated audiences throughout the world.



We have an Elder Bus reserved that holds up to 8 people. Please call to save a seat. Otherwise, we encourage you to carpool. Bring a lunch (only light snacks are usually available) and park behind the Hall, if you drive in. We’ll meet you there!

## FLASH FICTION:

### THIS SPACE COULD BE YOURS!

*Here’s all you have to do:*

- *You get 100 words or less.*
- *There can be no profanity, vulgarity, politics, or other offensive language.*
- *This is NOT a contest – it’s a fun challenge.*
- *No one will edit your work, except for any typos or spelling mistakes you’d want us to correct.*
- *Your name will appear only with your written consent.*



COA Health Fair, 2/14 (Photo by Melanie)



COA Health Fair, 2/14 (Photo by Melanie)

### COA HEALTH FAIR – THANKS TO ALL INVOLVED!

The members of the Oakham Council on Aging would like to thank everyone that attended the health fair on February 14th. There has been lots of positive feedback from the guests as well as the many vendors who participated.

Refreshments and light lunch were provided and enjoyed by many. Volunteers from the COA prepared and served the refreshments. Some of the available services included healthy nutrition options, subsidized medical supplies and in home care, fraud prevention, fire safety and services, ayurveda services, massage and energy therapies, prescription interaction advice and more.

Thank you to the many vendors that were available to help guests make connections for unique health needs and services.

Janice Handrahan  
COA Outreach Coordinator



*Happy St. Patrick's Day!*

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### IN SYMPATHY...

We extend our condolences to Anita (Orsi) Rosiello and her partner Scott Carpenter on the passing of her sister, Diane (Orsi) Whitcomb, age 65. Diane was a crafter, a traveler, and a dedicated supporter of Why Me & Sherry's House. She'll be deeply missed.

We would also like to extend our sympathies to Jeff Nahkala for the injuries he sustained in a vehicle accident – and best wishes for a speedy recovery!

### FRIDAY QUIET TIME – with MUSIC!

It's a well-kept secret, but the Senior Center is open every Friday morning now from 9 till 1 pm. Rick Hendra just sits there and assembles the Herald or the COA minutes on his laptop quietly, listening to his vast library of playlists on Spotify. The playlists (some of which have been featured on the "Virtual Jukebox" in this newsletter) cover every genre of music you can think of, aside from polka and klezmer – and he can get those, too, on request!

We can also watch films or cartoons on the big screen. Interested in a game of cards? Want to practice your Wii Bowling? Read a book? Shoot the breeze? Just get out of the house? Come on down!

# MARCH 2024

Questions or Sign-ups call Melanie  
508-864-9224  
silvalining322@gmail.com

SUN	MON	TUE	WED	THU	FRI	SAT
					1 10:30am FUN Fitness New Braintree  12:30 Favorite Recipe Memory Lane	2
3	4 10:30am Zumba Gold Pine Acres	5 10am Wii  1:00pm Walk Away	6 9am Coffee w/ Friends	7  1:00pm Walk Away	8 10:30am FUN Fitness New Braintree  12:00pm COA MTG	9
10	11 10:30am Zumba Gold Pine Acres	12 10am Wii 10:45am Geeky Mel 1:00pm Walk Away	13 9am Coffee w/ Friends  12:30pm MOVIE The Time Machine	14 11:00-11:15am Blood Pressure Clinic 1:00pm Walk Away	15 10:30am FUN Fitness New Braintree 12:30pm Lunch Bunch Hitchcock Tavern	16
17 	18 9:00a-2:30p Podiatry Clinic 10:30am Zumba Gold Pine Acres	19 10am Wii  1:00pm Walk Away	20 9am Coffee w/ Friends 12:00pm Brown Bag Lunch Mechanics Hall	21  10:00am Shine  1:00pm Walk Away	22 10:30am FUN Fitness New Braintree	23
24	25	26 10am Wii 10:45am Geek 11:00a - 1:00p BP Glucose Clinic 1:00pm Walk Away	27 9am Coffee w/ Friends 12:30pm MOVIE POMS	28  1:00pm Walk Away	29 10:30am FUN Fitness New Braintree	30
31 	10:30am Zumba Gold Pine Acres				GOOD FRIDAY	

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

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**FROM THE COUNCIL ON AGING:**

The COA met on February 9<sup>th</sup>, at noon in the Voting Room at Town Hall with all members attending.

The question of our liabilities for medical outreach – our durable equipment loans, home visitations, blood pressure and podiatry services, etc. – was discussed with the Selectboard at their meeting of Feb. 5. Paul Rochette and Barbara Wreschinsky were at that meeting and reported that the BoS would like us to craft policy proposals for their review.

Paul shared his deep concern over our exposure for even the best of intentions, based on what he’s learned about the experience of other towns in the Commonwealth. Just one adverse judgment could put the whole Town at risk. Health professionals as well as Rutland’s Community Center Coordinator have all warned us to stick to phone visits, and then only for conversation – not for counseling, let alone medical advice. This was a sobering assessment. Our blood pressure screenings and podiatrist services are not a problem, as they’re covered by

their own insurance and we just oversee hours and scheduling. Janice’s Outreach Task Force will come up with some policy proposals we can present.

Clare Hendra walked us through our budget proposal for FY 2025, mostly small increases in this line or that. And we’re looking to increase the Coordinator’s hours and pay next year. Clare also reported on the books, which have now been cleaned up and balanced with the help of the Town Accountant.

Secretary Rick Hendra spoke with the Council about the new Social Media Policy which everyone appointed by the Town has to read, absorb, and sign on to. It sets rules about what can and can’t be posted to the Town website or even to our personal social media pages, where it concerns Town business or our fellow citizens.

Rick also spoke about Zooming the COA meetings from here on. Because mobility and availability can be obstacles to our constituents attending meetings, it makes sense for us to commit ourselves to putting our meetings online. We’ll begin Zooming with our next meeting. Hope to see you there!