



THE OAKHAM HERALD

August 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, 11 am-12:30 pm

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

PHONE: 508-882-5251

COORDINATOR: - seeking -

COA BOARD MEMBERS:

Chair: - seeking -

Vice-Chair: - seeking -

Treasurer: Lucy Tessnau

Secretary: Priscilla McGlynn

Members:

Alt. Members Tammy Gehring

Assoc. Members: Jan Pierce

BACK DOOR CAFÉ:

Coordinator: Jan Pierce

Volunteers: Pauline Dwelly

Diane Rochette

Sunshine: Priscilla McGlynn

NEWSLETTER: Rick Hendra

Lucy Tessnau

SEEKING A COA COORDINATOR...

We are very pleased to report that the voters attending the Annual Town Meeting on June 27, 2022 voted to create and fund a new Coordinator position for the COA and Sr. Center. We will be advertising for a person to meet this challenge. The new hire will be responsible for finding out what you'd like us to offer, organizing a calendar of activities, and getting the word out.

Once we know who this person will be, we will announce a meet and greet to introduce him or her to everyone and provide us a first opportunity to share ideas and suggestions. Time to turn a new page!

ZUMBA!

Zumba Gold Classes will continue every Tuesday morning in the voting room in Town Hall from 10:30 – 11:15 am (except Sept. 6, 2022 due to primary voting). New participants are always welcome. No need to call ahead, just show up and enjoy. The fee for each class is \$2.00.

And Good News: some of our participants in the Zumba class like it so much they have asked for classes two days per week. We will speak with the instructor. Perhaps by the fall we will add another session. This is such a good deal at only \$2 per class!

AUGUST EVENTS:

- **ZUMBA GOLD** classes continue in the voting room at Town Hall every Tuesday at 10:30 am. The fee for each class is \$2.
- **A BLOOD PRESSURE CLINIC** will be held on the second Tuesday of each month at 11am – 12noon. This month: **August 9.**
- **Quarterly Property Taxes Due Aug. 1!**
- **TOWN-WIDE YARD SALE: August 27 from 8 – 3 pm.**
- **State Primary Election: Sept. 6.** Polls open at 7 am and close at 8 pm. Absentee ballots and mail-in ballots are available, but time's running out; Request forms at the Town Clerk's office.

DANCING FOR HEART HEALTH:

Dancing to the beat may be more than just fun. Postmenopausal women who took 60-minute dance classes three times per week for 16 weeks saw their "good" cholesterol rise 5 points and the bad triglycerides FALL 16%. Agility, coordination, and fitness also improved.

Here at the Senior Center we are very pleased to offer our seniors such a good deal on our Zumba Gold classes so all can enjoy the health benefits of moving to the music with a great instructor, Melanie Silva.

Then, to follow through on improving your cardiac health, The **Blood Pressure Clinic** with Nurse Chris Letendre is held on the second Tuesday of each month at 11 am through August. That will change to the second Thursday of the month for the rest of

the year. The point is to monitor your blood pressure and to talk with you about your heart health as questions or needs arise. There is no cost for this service.

V8 JUICE – good for you and your blood pressure (heart); but, what about the amount of sodium (salt) and the processing? The great thing about making your own V8 juice is that it is fresh, made from homegrown tomatoes, and you can control the amount of sodium. Make it spicy or spicier, feel free to add more pepper.

Ingredients:

1. 2-3 medium tomatoes (Roma are good)
2. 2 celery ribs (leaves too)
3. 1 large carrot
4. 1 thin slice of beet for coloring
5. 1/2C watercress
6. ½ C spinach
7. 1 tbsp Fresh parsley
8. 1 leaf Romaine lettuce
9. ½ tsp sea salt
10. ½ tsp black pepper
11. 1tbsp Worcestershire sauce
12. 1-2cups water and simmer 25

Chop or dice all vegetables. Add 1 cup water and Worcestershire sauce. Bring to a boil and simmer for 25 minutes. Transfer ingredients to blender and blend until smooth, about 1 minutes. Add water to achieve desired consistency, Adjust seasonings as needed. Strain and refrigerate before serving.

DO YOU KNOW WHO'S TAKING CARE OF YOU?

Can you answer these questions?

- Who is Oakham's newest part-time police officer?
- Who are our newest firefighters?
- Who works for the Highway Dept. and is also a first responder?
- Who is our newest Highway Department employee?
- Who is our new Town Administrative Assistant? Have you met her?

Each of these people bears some responsibility for your safety and well-being and have been hired to help you as needed. You should know who they are just as they should know you.

Oakham has hired some new personnel this past spring and summer, and we have invited some of these officers and employees responsible for your safety and well-being to a meet&greet. You'll get the opportunity to meet them on Wednesday, **September 21, 2022 between 9:30a.m.** and 10:30 a.m. at the Back Door Café. This is a perfect time for them to meet you individually face to face and for you to be able to identify them. Coffee and/or lemonade along with donuts and..... will be available.

It would be a shame for us to invite these people and have them take time off from their jobs and not have a GOOD showing of residents. Please sign up at the Back Door Café or call Jan at 508-882-5251 or Lucy at 508-882-3358. We look forward to seeing you all here.

CONCERTS ON THE COMMON:

Just two left in August, but they're uncommonly good, both of them:

8/11/22 - Weir River Jazz

8/25/22 - The Otters

6:30-8pm!

TOWN WIDE YARD SALE – AUGUST 27!

The Town Wide Yard Sale will be held on Saturday, August 27 between 8:00 am and 3 pm. Anyone wishing to be included on our map of participants must mail a check for \$15 made out to the Oakham Historical Association at P.O. Box 236, Oakham, MA 01068. **The deadline to register is Aug. 23.**

For further info or questions, call Lucy at 508-882-3358. Maps will be handed out on the day of the Yard Sale at 8:00a.m. at the back of the Town Hall parking lot.. All proceeds benefit the Oakham Historical Association

SENIOR CENTER YARD SALE:

The COA will be setting up a few tables in the town hall parking lot with items to be sold for the benefit of the Senior Center. Lucy will need help in setting up the tables on Friday, August 26 between 2-3p.m. Just show up. Any help you can offer will be appreciated.

REAL ID COMPLIANCE:

Compliance begins May 23, 2023, which means that a **REAL ID compliant driver's license or identification valid and unexpired Passport will be required to fly domestically and to enter secure federal buildings, court houses and certain Social Security offices. May 23, 2023 is the deadline for compliance.** We all need to deal with this.

The Oakham COA could set up a presentation on this topic to identify who

will need to have a REAL ID and to provide instruction on how to apply for one and to answer questions. If this is of interest to you, please call Lucy (882-3358) and let her know very soon. If we can get 10 or more participants, she will set up a day and time of such a meeting.

IMPORTANT MEDICARE NEWS:

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “**donut hole**”.

If you reach that gap, you will see your prescription costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill that gap.

For more info about prescription Advantage, call MassOption at 1-800-243-4636, Monday through Friday, 9:00a.m.-5:00p.m. or visit prescriptionadvantagemma.org

Medicare preventive benefits!

Did you know that Medicare Part B covers approx.. 2 dozen preventive benefits, often at no or low costs to you? These benefits include services such as you flu and pneumonia shots, screenings for various health conditions (heart disease and certain types of cancer), and options to help you stop smoking. Preventive care may help to keep you healthier by preventing illness or detecting medical conditions. For more details, you can visit our website www.shinema.org and click Part B Preventative Services under the Medicare Tab.

MASS HEALTH MAILINGS:

We want to remind you of the importance of opening and responding to any mail you get from MassHealth. Over the next several months as the Federal Public Health Emergency ends MassHealth will be sending numerous notices reviewing and detailing the status of MassHealth coverage. These mailings often have deadlines involved and you need to respond to MassHealth by a specific date or you may lose your coverage. If you have not heard from MassHealth recently, we suggest that you contact them to make sure they have your current address. If mail is returned to MassHealth you may lose your coverage as well. Finally, if you get mail from MassHealth that you do not understand, you should contact a family member or a friend for assistance. If neither is available, you can contact the SHINE regional office and we will help you to understand.

SHINE – Serving the Health Insurance Needs of Everyone) is funded through the federal agency, Administration for Community Living and administered through the Mass. Executive Office of Elder Affairs. **Certified counselors are available to discuss all options related to Medicare and additional coverage and we do not sell any plans. To make an appointment, call your local senior center (508-882-5251). A certified SHINE counselor will return your call. Counselors assist clients via in-person appointments, phone, video conferencing (ZOOM or FaceTime), email, or postal mail. We also offer excellent resources online through our website at www.shinema.org.**

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

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funded by the Executive Office of Elder
Affairs**

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**IN SYMPATHY...**

We regret to announce the passing of **PHYLLIS PHOENIX** on July 17. She was born in Oakham 87 years ago, at the Bechan homestead on Bechan Rd., and leaves many, many friends and family in Town. She was in the class of '52 at Barre High School, worked 20 years at the Social Security Administration, and became a regular at the Oakham Senior Center after that, coming for lunch and bingo, morning exercise and all the regular events. In fact, her arrangements request that in lieu of flowers, any contributions may be made to the Oakham Council on Aging, at 2 Coldbrook Rd. We thank her for that and miss her.

She enjoyed playing cards, and she, her sister Val, and cousin Howard were all sharp card players (not to say cardsharps) who

played regularly for years at the Senior Center on Sunday afternoons. She is survived by her three children, Robert Phoenix, Elizabeth Sisco, and Mary Brenda Phoenix and their partners; five grandchildren, seven great-grandchildren, nieces, nephews, cousins, and various furry friends. She also leaves her sisters, Mildred Jacques and Valena Fontaine, and her sister-in-law, Barbara Bechan. Her sister Frances Salminen and brother Richard Bechan predeceased her, as did her beloved husband Bob and their son, William. She deeply adored her family. We join with them and her many friends in missing Phyllis deeply in return.

We also regret to note the passing of **WILLIAM B. HAYNES**, whose son Daniel and wife Mary live in Oakham. He was a 28-year vet with the US Army National Guard and Reserves and a technician for Sears, Roebuck. Our sympathies to his family and friends.

August 2022  
Elder services of Worcester Area Nutrition Program

| <b>MONDAY</b>                                                                                                                            | <b>TUESDAY</b>                                                                                                                          | <b>WEDNESDAY</b>                                                                                                                  | <b>THURSDAY</b>                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br><b>Macaroni &amp; Cheese</b><br>Stewed Tomatoes<br>Green Beans<br>Lorna Doones<br>Italian Bread                              | <b>2</b><br><b>Burger</b><br>Chili & Cheese<br>Sweet Potato Fries<br>Fresh Fruit<br>Sandwich Roll                                       | <b>3</b><br><b>Stuffed Pepper Casserole</b><br>Mashed Potatoes<br>Carrots<br>Apple Crisp<br>Diet = Applesauce<br>Marble Rye Bread | <b>4</b><br><b>Ranch Chicken</b><br>Wild Rice<br>Spinach<br>Fruited Ambrosia<br>Diet = Peaches<br>Pumpernickel Bread                    |
| <b>8</b><br><b>Chicken Pesto</b><br>Red Bliss Potatoes<br>Scandinavian Vegetables<br>Vanilla Mousse<br>Pumpernickel Bread                | <b>9</b><br><b>Roast Pork Loin w/ Gravy</b><br>Apple Cornbread Stuffing<br>Country Blend Vegetables<br>Baked Apples<br>Marble Rye Bread | <b>10</b><br><b>Hot Dog</b><br>Baked Beans<br>Coleslaw<br>Fresh Fruit<br>Hot Dog Bun<br>Mustard                                   | <b>11</b><br><b>American Chop Suey</b><br>Green Beans<br>Bread Pudding<br>French Bread                                                  |
| <b>15</b><br><b>Shepherd's Pie</b><br>Carrots<br>Peas<br>Chocolate Pudding<br>Diet = SF Chocolate<br>Pudding<br>Marble Rye Bread         | <b>16</b><br><b>Greek Chicken</b><br>Steamed Rice<br>Broccoli<br>Peaches<br><br>Pumpernickel Bread                                      | <b>17</b><br><b>Meatloaf<br/>with Gravy</b><br>Garlic Mashed Potatoes<br>Chuckwagon Corn<br><br>Fresh Fruit<br>French Bread       | <b>18</b><br><b>Turkey Supreme</b><br>Mashed Potatoes<br>Roman Blend Vegetables<br>Pear Crisp<br><br>Diet = Applesauce<br>Italian Bread |
| <b>22</b><br><b>Teriyaki Beef</b><br>Steamed Rice<br>Broccoli w/Red Peppers<br>Pineapple<br>Fortune Cookie<br>Whole Wheat Bread          | <b>23</b><br><b>Western Omelet</b><br>O'Brien Potatoes<br>Green Beans<br>Mandarin Oranges<br>Italian Bread                              | <b>24</b><br><b>Chicken Milano</b><br>Wild Rice<br>Spinach<br>Lorna Doones<br>Pumpernickel Bread                                  | <b>25</b><br><b>Salisbury Steak</b><br>Garlic Mashed Potatoes<br>Herbed Carrots<br>Birthday Cake<br>Diet - Half Piece<br>Sandwich Roll  |
| <b>29</b><br><b>Chicken Picatta</b><br>Wild Rice<br>Roasted Broccoli<br>Lemon Pudding<br>Diet = SF Tapioca Pudding<br>Pumpernickel Bread | <b>30</b><br><b>Meatballs<br/>w/Onion Gravy</b><br>Bowtie Pasta<br>Scandinavian Vegetables<br>Pineapple<br>French Bread                 | <b>31</b><br><b>Marinated Pork Loin</b><br>Cranberry Stuffing<br>Carrots<br>Cinnamon Pears<br>Whole Wheat Bread                   | <u><b>Change</b></u><br><br><p style="text-align: center;"><u><b>Menus are Subject to</b></u></p>                                       |