



# THE OAKHAM HERALD

July 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.

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#### **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**

**Assoc. Members:** Jan Pierce

#### **BACK DOOR CAFÉ:**

**Coordinator:** Jan Pierce

**Volunteers:** Pauline Dwelly  
Diane Rochette

**NEWSLETTER:** Rick Hendra  
Lucy Tessnau

#### **THE HERALD GOES ONLINE:**

Yes, we have finally gone digital this month. The Herald can be found on the town web page and the COA web page. A small number of paper copies are available at the Back Door Café, the Library, Town Hall, and the Post Office. If you, or anyone you know, does not have access to the web site and are unable to pick up a copy at these locations but would still like to have one, please contact Lucy at 508-882-3358. Thank you for helping us stay connected with our seniors.

- If you would like to receive the Herald via email, please send your email address to Lucy at [coa@oakham-ma.gov](mailto:coa@oakham-ma.gov) to be added to our growing list.
- The Herald is now posted on the Town website and the Council On Aging website.
- To reach these websites simply search [www.oakham-ma.gov](http://www.oakham-ma.gov) and look for the Herald.
- In addition, a few paper issues of the Herald will be available at the Library, the Post Office, the Town Hall and the Back Door Café.

## REMINDER: BEMIS PATIO POT SESSION

We had a great time this spring working with Bemis Farms, ordering, and picking up the various planting kits. Our colorful spring flowers basket from April is still as pretty as back then and the flowers are still growing. We hear the herbs of May are greening beautifully. In June we held our annual first-day-of-summer in-person class with Tina at the fire Station to create our Patio Pots for Summer. These are always popular and fun projects. Thanks to all who joined in working with us.

## JULY EVENTS:

- **ZUMBA GOLD** classes continue in the voting room at the Town Hall every Tuesday at 10:30 am. Join us for fun and exercise! 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: **July 12**

## TOWN WIDE YARD SALE! AUGUST 27!!

Our annual town wide yard sale is being planned for Saturday, August 27, between 8:00 am and 3:00 pm. We will have a few items here at the Sr. Center and the Church is also planning on being included. The yard sale is open to all residents and the fee for those who wish to be included on the map of yard sales remains at \$15. For further information, to register, and have your yard sale advertised and placed on the map, **contact Lucy Tessnau at 508-882-3358.**

**The deadline to register is August 23.**

## HAPPY CHRISTMAS IN JULY:

Make someone happy. Send out a few Christmas cards to those you haven't kept in touch with since last Christmas. Spread good cheer and keep the spirit of the season alive.

## REMINDER! S.H.I.N.E.!

If you or someone you know is turning 65 this year and are having a problem with navigating the insurance and Medicare programs, call the Senior Center at 508-882-5251 to set up an appointment or a call with our S.H.I.N.E. counselor, Wes Barter. The earlier before your 65th birthday the better.

## OAKHAM HISTORICAL MUSEUM OPEN!

The Oakham Historical Museum and The Young Family Annex, located at 1221 Old Turnpike Road, will continue to hold open hours from 1p.m. to 4p.m. on the last Sunday of the month through October.

The Museum, also known as the Fobes-O'Donnell house, is on the National Register of Historic Places and displays the Town's rich history through exhibits, military memorabilia, photos, books, historical clothing, musical instruments and more.

The Annex houses many large artifacts including the Victorian-style hearse, Rev. Tomlinson's sleigh, the artistically-designed 1870s town safe, and much more. The Museum and Annex are free and welcome visitors of all ages. Come have a look! Enjoy some light refreshments.

For more information people may call Linda and Ken Housman at 508-882-3990 or email them at [khousmansr@gmail.com](mailto:khousmansr@gmail.com).

Ps: Best wishes for a speedy recovery to Edie Mathis of the OHA!



**PHONE OPERATION ASSISTANCE:**

The MA 911 Department is working with the State to spread the word about the MassEDP special telephone program.

**MassDep provides free telephone equipment to anyone in the state that has difficulty using the phone.** They work with clients who are hearing challenged, deaf, low vision, blind, cognitive or speech impaired. Their telephone equipment allows people to use a phone no matter what their level of difficulty is. They have both landline and cells available. As a state program, they are able to provide the needed equipment, install that equipment and support their clients free of charge.

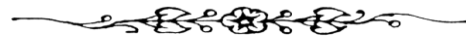
**FAREWELLS...**

This summer we are saying a sad good-bye and farewell to two well-known families who have done such good work for the Senior Center and COA and the town...

Meg and Jason Goodrow, formerly of Skyline Dr, Oakham, will be setting out for California. They had such a wonderful trip visiting family during the holidays that they have decided to move closer to their sons and grandchildren, and are looking forward to the birth of their first great-grand child. Jason served on our Finance Committee and Meg became our Sunshine Committee-of-one. She sent out cards for all occasions to our seniors confined to home or ill and all our sympathy cards, all to keep us connected with our seniors. We wish them much happiness and joy.



**Linda Mueller**, formerly of Barre Plains Rd., will likewise be leaving shortly to be near her daughter who lives in Northwest Canada. She will be missed by us on the COA. Caring person that she is, Linda helped many seniors in town and always responded to our calls for assistance. Linda served on the Board of Health for 20 years before retiring from office. Linda loves to be busy and she especially likes to hike and participate in outdoor activities. We are sure that she will find many opportunities to pursue her interests in Canada. We wish her well. She will be missed.



**IN SYMPATHY...**

We sadly note the passing of June (Layton) Branham on June 7, her family around her. June was born 88 years ago in Newton, New Jersey, where she met the love of her life, Rev. Carl Branham. They married in 1953.

In 1970, Carl was called to Pastor the newly founded Pilgrim Baptist Church in No. Brookfield and for the next 36 years, they worked together at the Church, where June was secretary and led a women’s Bible study group for many years. June took on ever more responsibility as Carl fought leukemia over the last 10 years of his life, passing in 2006..

She enjoyed painting landscapes when she could, but June’s life centered on Church and family. She loved cooking – especially baking – for family and friends. She leaves one daughter, Jennifer Berthiaume; two sons, Robert and Benjamin; their spouses and children; and their children – five great grandchildren in all. Our deepest sympathies to them and to all who knew and loved her.

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

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Affairs**

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#### **THE UNSUNG CELERY**

Healthy Vegetables for the summer will be on hand soon. **Have you thought about Celery?** Celery – raw or cooked – is loaded with vitamins and nutrients including vitamin A,C,K, and folate (folic acid, vitamin B-9). It is mostly water and low in calories, making it the perfect snack.

Furthermore, Celery fights inflammation. Try eating celery to reduce inflammation In sore knees It also reduces bloating, lowers blood pressure and fights infections. On nights when you have a hard time sleeping try eating some celery. Its high magnesium content is one of the best things for relaxing nerves and muscles so you can fall asleep and stay asleep. And, another thing, celery helps keep ulcers away, improves lining of stomach, and provides a generous amount of soluble and insoluble fiber to keep regular

#### **BRAISED CELERY RECIPE- easy to do**

Take as many stalks as desired and place into a baking dish. Pour some chicken or vegetable broth into the dish and be sure to add some butter, thyme, olive oil and oregano to taste. Bake at 200 -250 degrees for about 15-20 minutes and serve .

**CITRUS INFUSED WATER** – a great summer pleaser. Not sweet but with a subtle hint of cucumber to cut the acidity:

- ½ gallon spring water
- 1 large sliced lemon
- 1 large sliced lime
- 1 large sliced orange
- ½ cucumber, sliced thin

In a large pitcher add water to the fruit and cucumber slices. Refrigerate at least 1 hour, serve over ice with a sprig of mint. Great to have on hand for any summer occasion. Enjoy.