

# September



## THE OAKHAM HERALD

September 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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EasyTech Diagnostic Repair.html

### **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:**

**Alt. Members** Tammy Gehring

**Assoc. Members:** Jan Pierce

### **BACK DOOR CAFÉ:**

**Coordinator:** Jan Pierce

**Volunteers:** Pauline Dwelly  
Diane Rochette

**NEWSLETTER:** Rick Hendra  
Lucy Tessnau

### **WELCOME MELANIE SILVA!**

As most of you know, at the Annual Town Meeting the COA asked for funding and permission to hire an Activities Coordinator for the Senior Center/Back Door Café. It was unanimously voted and we have received four applications from extremely qualified candidates.

We have interviewed each applicant and all of them surpassed our expectations with their knowledge, their backgrounds in working with seniors, their contacts and wonderful ideas. They each had given much thought and preparation for their interviews which made our having to choose only one most difficult. The position was, with a unanimous decision, given to Melanie Silva of E. Brookfield. She comes with excellent recommendations from other Senior Centers and from past and present students of her Zumba Gold classes here in Oakham. She has also worked as a Home Care Coordinator for Favorite Nurses of Worcester

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and as a Client Care Co-ordinator for Olsten Health Services of Auburn, MA.

Melanie is anxious to meet as many of you as possible and to seek your thoughts and opinions about new and interesting ideas for us to pursue this year. You are all invited to **meet and greet Melanie at the Back Door Café on Wednesday, September 21, at 10:00 a.m.** and then to join in on a round table discussion with her in our meeting room as she begins to create a schedule of events and programs for us. We will have water and other beverages on hand along with a small, tasty tidbit for you to enjoy. Please let us know if you will come so that we will know how many seats we will need. Thank you. Call Lucy at 508-882-3358. We hope you will want to come 😊!

Jan will open the kitchen and dining room at 11:45 for lunch for those who wish to join us. Just remember that reservations will need to be called in to Jan at 508-882-5251 for the lunch by September 19 at noon. The donation for lunch is \$2.50. The menu for the day will be green salad, roast turkey w/gravy, mashed sweet potatoes, green peas, cinnamon pears, pumpkin bread and apple pie with ice cream. Why not stay for lunch while you are already here? We would love to have you.

**The original Meet and Greet with town employees and seniors for September 21 has been postponed. A new date and time will be forth coming...**

## **ZUMBA GOLD: GOOD NEWS!**

At the request of our participants, starting on Friday, September 9, we will be offering Zumba Gold classes on Tuesdays and Fridays in the voting room at the Town Hall between

10:30a.m. and 11:15 a.m. All are welcome to join us; no need to sign up or to register, just come. The fee for all this fun and good exercise is only \$2 per person per class. **Please note that there will be no Zumba class on Tuesday, Sept 6, 2022 due to the primary election.**

We are going to look into offering **Tai Chi** or **Chair Yoga** in the fall. However, it is not easy to find these instructors and the fees for these classes usually run a minimum of \$5 per person per class. Let us know if you are interested and we will keep you posted.

## **CHICKEN BBQ – SEPTEMBER 24!**

**Our Oakham Police Department has scheduled a Chicken Barbeque(!) for September 24, at noon, at the Oakham Fire Station.** This is our first real gathering since COVID started. We hope everyone will come and enjoy the feast with neighbors and friends. There is no cost for this lunch.

**Reservations** must be made on or before Sept. 19 at 12 noon. Please call Lucy at 508-882-3358 or the Back Door Café at 508-882-5251 to reserve your seats. The menu will include green salad, chicken, cranberry sauce, baked potato, dinner roll, slice of watermelon, and a dessert.

## **OTHER SEPTEMBER EVENTS:**

- **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.
- **BLOOD PRESSURE CLINIC: September 8.**  
The nurse will be here the second Thursday of each month between 11 am and 12 pm to take blood pressure

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readings. Everyone is welcome to take advantage of this free service. Just stop in.

- **OAKTOBER FEST**, sponsored by the Parks and Recreation Department, will be held on Saturday, September 17, 2022 from 12noon until 10:00p.m. at Wright's field. There will be a variety of events to enjoy throughout the day. These will include a Food Truck, games for children, a magician, face painting, assorted unusual creatures to see, a pie eating contest, etc.

Also, music will be performed by artists including **the Otters** and a wine and beer garden area will be set up at 2:00p.m..

**The Oakham Fire Department** will hold their **chicken BBQ** as usual and reservations will be needed. They should be made in advance by contacting the Fire Dept. The fee for the BBQ chicken dinner is \$20.

**The Great Oakham Ball Roll** will be held around 4:30p.m. on Sept. 17 on Maple Street. Purchase your balls now for \$5 each. All proceeds will support the Fobes Memorial Library.

**A bonfire will conclude Oaktober Fest** as the night arrives. This is a great event and one that takes a lot of volunteer time and work. We are so fortunate that Oakham has a few residents willing to share their time and efforts with all of us. Thank you to all the members of the Parks and Rec Committee who donated so much of their time on this great event.

- **A BEMIS JOYEUX NOEL!** We have already booked **Thursday, December 8**, with

Tina Bemis to create this year's Holiday project – a beautiful door swag.

The class will be held at the Fire Station at 1:00p.m. The fee for this project is \$5 per person. Please sign up at the Back Door Café on or before December 1.

Lunch will be served at the Back Door Café at 11:45 am. Why not make a reservation with Jan to attend and then we will all go to the fire station where we will meet Tina.

## **OAKHAM HISTORICAL ASSOCIATION NEWS:**

At their last meeting, the members discussed their calendar of events for the next few months. IA wine and cheese pairing, in October they are sponsoring a dinner dance at Quail Hollow with the Otters providing the music for the evening. In November there will be an interesting presentation of swords and various militaria given by Tom Saupe, and in December Roger Tinknell will be on hand for an enjoyable afternoon. More information will be given as the times and dates come closer.

## **SHINE:**

If anyone would like to make an appointment with our SHINE representative, Wes Barter, to discuss Medicare/Medicaid and Ins. Coverages for retirees and seniors, contact Lucy at 508-882-3358 or 508-882-5251 or call Wes directly at 774-298-6401. Meetings are held at the Oakham Back Door Café for the convenience of everyone. We have been busy with appointments so make yours as soon as possible.

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Bonfire of the Vanities?



## IN SYMPATHY...



Sad to say, we've lost another of our treasured nonagenarians, **George Fontaine**. George grew up in Worcester, but he lived 70 years here in

Oakham. He was 90 when he died. For many years, he ran a dairy farm on Scott Rd., where he lived next door to his brother, Al. He worked over 10 years for the Oakham Fire Department and retired from the Maintenance Department at State Mutual Assurance Co., in Worcester. He enjoyed model airplanes and antique farm tractors.

George always had a smile and a good story to tell. We remember, when he plowed the roads in our area and blocked off the ends of some driveways with mounds of heavy snow, he would return, if he could, with the plow and clear the driveway entrances. It saved some of us a lot of time and heavy shoveling. What a kind thought! It was

appreciated. He will be remembered for his hearty laugh and sense of humor.

George leaves Sigrid, his wife of 60 years, and their daughter, Heidi, husband Ken, and granddaughter Sarah. He also leaves his sister-in-law, Val. George was predeceased by both his brother, Al, and sister, Bertha. But he'll be remembered by many nieces and nephews, friends and neighbors, and his loss will be felt wide and deep.



We are also deeply saddened to learn of the passing of **Pam Dickman**, of Crawford Road. She was only 62 and died unexpectedly.

She and husband Richard married in 1990 and made Oakham their home. Pam was a noted local chef, having run the kitchens at Vinny's and Val's Restaurant & Pizza in Holden, and at the Pizza Palace in Worcester. She was known for her home-cooked meals as well and for the joy she took in hosting friends and family. She loved life, by all accounts, and left us way too soon.

She is survived by her husband Richard and by their three children, who all grew up here in town: sons Nicholas and Brian, and their daughter Ninarose (and Brian). Also, her four grand-children: David, Jacob, Natalie, and Jack. She'll be missed by everyone who knew her.

We would also like to extend our sympathies to the extended Barringer family of Grace Lane, on the passing of Ashley Barringer's father, Ret. **Lt. Colonel John Robinson**. He seemed a most

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interesting man, and an Irishman at that. Our sympathies to Ashley and all the Barringers, but especially to Summer and Addyson.

Our condolences also to Stephen Femino of Robinson Rd. and his family in the sudden death of his brother, **Andrew Femino** of Barre, on August 3, at the age of only 53. Andy and Steve were not just brothers, they were best friends. Andy had – has – a lot of family and friends around the area. Our sympathies to all.

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

will be contacting the Principal and teachers at the opening of classes to see if this would be possible. We would need several senior volunteers who will be willing to write 3 or 4 notes in the school year to a student. If you would be interested in participating in this wonderful program with children, please let us know ASAP by calling Lucy or the Sr. Center to sign up.

**The printing of this newsletter is partially funded by the Executive Office of Elder Affairs**

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## **FUTURE CONSIDERATIONS:**

- We are considering beginning another **pen pal** program with the 4<sup>th</sup> or 5<sup>th</sup> grade students at the Oakham Elementary School. We

This is one of the best community programs that we have ever presented. We hope that many of you will be willing to join us. It is a great opportunity for the students and the seniors.

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- We have contacted Seema Kenney, our go to person for teaching how to work on genealogy and/or how to preserve your memories by writing your stories and history. The idea is: Family stories should linger longer, so be a good ancestor! We would need a class of a minimum of 8-10. The last class had 15 people enrolled in this program. If you would like to sign up, please contact us at 508-882-5251.

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| Monday                                                                                                                               | Tuesday                                                                                                                     | Wednesday                                                                                                    | Thursday                                                                                                                           | Friday                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                      |                                                                                                                             |                                                                                                              | 1<br>BBQ Chicken<br>Mashed Potatoes<br>Succotash<br>Fresh Fruit<br>Marble Rye Bread                                                | 2<br>Chicken Cranberry Salad<br>Pasta Salad<br>Tomato & Cuke Salad<br>Chip Ahoy Thins<br>Hot Dog Roll                     |
| 5<br><b>Labor Day</b><br><br>(No Meal Served)                                                                                        | 6<br>Beef w/<br>Onions & Peppers<br>Potato Wedges<br>Honey Glazed Carrots<br>Fresh Fruit<br>Sandwich Roll                   | 7<br>Chicken Fajitas<br>Spanish Rice<br>Black Beans & Corn<br>Pineapple<br>Pita Bread<br>Sour Cream          | 8<br>Roast Pork<br>w/ Gravy<br>Cranberry Stuffing<br>California Vegetables<br>Apple Crisp<br>Diet = Applesauce<br>Marble Rye Bread | 9<br>Macaroni & Cheese<br>Stewed Tomatoes<br>Green Beans<br>Loma Doones<br>Italian Bread                                  |
| 12<br>Beef Stew<br>Rice<br>Corn Niblets<br>Mandarin Oranges<br>French Bread                                                          | 13<br>Buttermilk Chicken<br>Potatoes Au Gratin<br>Mixed Vegetables<br>Peaches<br>Whole Wheat Bread                          | 14<br>Baked Potato<br>w/ Chili<br>& Cheese<br>Broccoli<br>Chocolate Mousse<br>Sour Cream<br>Pumpnickel Bread | 15<br>Hot Dog<br>Baked Beans<br>Coleslaw<br>Fresh Fruit<br>Hot Dog Bun<br>Mustard                                                  | 16<br>Sheperd's Pie<br>Carrots<br>Peas<br>Cinnamon Struesel Cake<br>Diet = Small Piece<br>Italian Bread                   |
| 19<br>Chicken Mornay<br>Coucous<br>Roasted Brussels Sprouts<br>Butterscotch Pudding<br>Diet = SF Tapioca Pudding<br>Marble Rye Bread | 20<br>Western Omelet<br>Red Bliss Potatoes<br>Green Beans<br>Mixed Fruit<br>Italian Bread                                   | 21<br>Roast Turkey<br>w/ Gravy<br>Mashed Sweet Potatoes<br>Green Peas<br>Cinnamon Pears<br>Pumpnickel Bread  | 22<br>Meatloaf<br>w/ Gravy<br>Garlic Mashed Potatoes<br>Carrots<br>Birthday Cake<br>Diet = Small Piece<br>Whole Wheat Bread        | 23<br>Breaded (Cat)Fish Patty<br>Coleslaw<br>Mixed Vegetable<br>Fresh Fruit<br>Tartar Sauce<br>Sandwich Roll              |
| 26<br>Pork Rib-i-que<br>Mac 'n Cheese<br>Peas & Carrots<br>Strawberries<br>Sandwich Roll                                             | 27<br>Swedish Meatballs<br>Mashed Potatoes<br>Beets<br>Chocolate Pudding<br>Diet = SF Chocolate Pudding<br>Marble Rye Bread | 28<br>Sloppy Joe<br>Yukon Gold Potatoes<br>Summer Corn<br>Baked Apples<br>Sandwich Roll                      | 29<br>Chicken Cacciatore Casserole<br>Gemelli Pasta<br>Roasted Broccoli<br>Vanilla Mousse<br>Italian Bread                         | 30<br>Fish w/ Crumb Topping<br>Rice Pilaf<br>Roasted California Blend<br>Fresh Fruit<br>Tartar Sauce<br>Whole Wheat Bread |