



THE
OAKHAM
HERALD

Number 4

APRIL 2017

Back Door Café 508-882-5251
Mon, Tues Thurs & Fri 9a.m.-1p.m.

COA 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, opportunities for community involvement, and providing services as needed.

**SPRING HAS ARRIVED.
Finally!**

variety of health and safety issues in the following months.

But, in retrospect, based on the number of calls we received since autumn, this has been a long and difficult winter for so many of our neighbors and friends, especially seniors. The members of the Council on Aging were very concerned for the well-being of our residents throughout the winter season and want you all to know that good and healing thoughts were and are with you daily and that we extend to you our most sincere wishes for a happy and healthy spring.

This issue of the Herald is full of important information, so, please, take the time to read through the newsletter and take time to consider all that is being offered to you. We do hope that you will participate in at least one of the programs we have put forth

From the Worcester County Sheriff's Department:

As mentioned in the March Herald, we will begin our program this month with an important informational presentation by the Worcester County Sheriff's Department:

HIDDEN HEALTH CONCERNS FOR SENIORS.

In light of the many issues that were encountered by so many of us, the Council on Aging has been busy increasing our outreach program and has entered into some partnerships that we feel will be of great value to everyone, not just seniors, and we are pleased to be able to offer informational meetings on a

The topics included in this discussion pertain to all seniors as well to anyone who is a caregiver, to anyone who has

friends or relatives in the care of a caregiver or caregiving facility as a hospital, nursing home, day care and the like. The following topics will be covered:

- Bullying
- Abuse (physical, mental, financial)
- Drugs and medication
- Alcoholism
- Smoking, etc.

The questions of how to identify these problems and what to do if we observe such problems pertain to everyone.

The discussion will be presented by Shawn McKenna, Community Outreach Coordinator of the Worcester County Sheriff's Department. Shawn has been with us on two other occasions and has addressed a full house each time. He does a great job explaining the issues and answering questions; he is a favorite guest speaker. We hope many will come and hear what he has to say for our well-being. (See the green flyer).

This program will be held on **Tuesday, April 11, 2017 at 10:30 a.m.** in the Oakham Senior Center. There is no cost for this presentation, but, we do ask, if possible, please pre-register so that we can be sure of having enough chairs for all attendees. Please register with Jan at 508-882-5251 or Lucy at 508-992-3358. Everyone, senior or non-senior, is welcome to attend.

FYI – Lunch is served at the Back Door Café at 11:45 a.m. Everyone present is welcome to join us but must reserve a place by April 6 by calling the Back Door Café at 508-882-5251.

So, what else can we expect to hear about during the next few months that

would be of interest and of importance to us?

The COA is sponsoring a presentation on the **MOLST** scheduled for May 9 at 10:00 a.m. We will have an informative program on this subject by a health care professional from the **Overlook Nursing Facility**. At our age, sudden medical emergencies are apt to come more often and a MOLST would help everyone concerned with your individual well-being to know what your wishes are. Anyone with a medical frailty or any patient suitable for considering a DNR (Do Not Resuscitate) order may find it more appropriate to consider completing a MOLST (Medical Orders for Life-Sustaining Treatment). More information will be coming in the next Herald.

On June 11 the COA is pleased to host an important discussion on the many scams that are threatening everyone on doing our best to protect ourselves from Identity Theft, especially since summer and vacations are upon us. **Country Bank** has kindly offered to lead this forum. At the end of the discussion, a raffle will be held for a \$25 gift card donated by **Country Bank**.

In the Fall, as the time to make changes with Medicare and supplemental insurances nears, we will have a member of S.H.I.N.E. present to help us navigate through the changes of the system. For those who are nearing Medicare, between 60 and 65 years, this is a great opportunity to get answers.

The COA has also begun a partnership with our local Fire Department Association. The members of the association have unanimously voted to enter into a program of safety for

seniors. Volunteers have agreed to do smoke alarm checks and carbon monoxide alarm checks to be sure that they are in working condition. If needed, old or dead batteries will be replaced. They will also leave or install new alarms for those who do not have any in their homes. The officers will also check that entry ways and egresses of homes will be checked to be sure they are open enough so as not to hinder medical personnel and equipment when trying to give aid and to save a life. As our plans are firmed up, the program will be explained in complete detail for those willing to avail themselves of our project.

Also, we are working on a partnership with the Oakham Police department on a safe entry program for all of us. When our plans are completed, more information will be given.

So as you can see, the members of the COA are excited to work on these ideas and are busy with a few more that are just in the planning stages.

NEW TRIPS OFFERED

Now, on a different note, the members of the COA would like to offer a day trip at a date and time to be announced. Enclosed in this month's Herald are four possible trips (see the flyers). If you are interested in any of them, please let us know by calling us at the Back Door Café, 508-882-5251 as soon as possible. We will offer the one that gets the largest amount of interest. In order for a trip to run, we would need to have a minimum of 25 people sign up, so bring a friend.

GOOD NEWS – Tina Bemis of Bemis Farms Nursery of Spencer will once again come to the Senior Center with a car load of flowers for us to use in our new patio pots. The fee for this class is \$10 per person. Each completed project is worth at least \$39.00. As usual, we will be working on the pots in time to welcome summer. We have scheduled the class for Tuesday, June 20, 2017 at 12.30 p.m. in our parking lot.

Also in **June**, we will be hosting a picnic for the students who have so diligently helped out at the Back Door Café throughout the school year.

We will be holding a Meet and Greet afternoon in June just before school ends for the summer so the secret pen pals can to get together for the first time.

SENIOR CENTER YARD SALE

The COA voted last month to participate once again in the annual town wide yard sale scheduled for Saturday, August 26, 2017. The new members of the COA have never run the yard sale before and will need a lot of help. Assistance will be needed for a few hours the two days before the yard sale in order to set up, to gather items to sell, and to price and mark the items for sale. Lots of help is needed the day of the yard sale for selling to the shoppers, for baking cookies and squares for snacks to sell, for selling the baked goods, for working in the kitchen and selling lunches of hot dogs and sandwiches. They especially need lots of gently used items to sell during the day. All proceeds go to the Senior Center and the programs and outreach for Oakham seniors.

OAKHAM COUNCIL ON AGING
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HIGHLIGHTS IN A NUTSHELL:

April 11 – Sheriff’s Dep’t. presentation
Hidden Health Concerns or Seniors
10:30 a.m.-11:30 a.m.

May 9 – MOLST presentation by
Overlook Healthcare Personnel
10:30 a.m.-11:30 a.m.

June 11 – Country Bank’s presentation
ID Theft and Scams update
10:30a.m.-11:30 a.m.

June 20 – Patio Pots with Tina Bemis
12:30 p.m. until done

August 26 – Yard Sale
7:30 a.m.-3:00p.m.

APRIL BIRTHDAYS:

Everyone celebrating an April birthday are cordially invited to join us for a complimentary lunch at the Back Door Café on Friday, April 28 at 11:45 a.m.

The menu includes Shepard’s Pie, Vegetables, Strawberries, cake and ice cream followed by our birthday raffles.

Please make your birthday lunch reservations on or before April 25 by calling Jan at 508-882-5251.

Our **Happy Birthday Wishes to:** J. Dixon, T. Rawinski, S. Fothergill, K. Montgomery, D.Cormier, P. O’Connor, S. Tyck, T. Hoffey, N. Mann, G. Bradley, P.Dwelly, P. Berry, K. Bibaud, B.Long, D.Zalneraitis, F.Freeman, J. Parker, L.Rosenkranz, B.Benot, R. Metterville, A. Richard, P. Menard, L. Rice, D. Truedson, J. Cairns, T. Dalton, L. Bathelms, W. Sands, R. Carlson, E. Carpenter, R. Pavolis, C. Flannery, Pat Pariset, M. Morgan, D. Bradley, S. Black, A. Zelnia, T. Hughes, R. Peris, D. Rice, B. Carpenter III, G. Elliot, S. Copeland, H. Flannery, R. Zecco, C. Bibaud, H. Thurber, k. Savoie, J. Ringgard, J. Cabana, M. Marzoll and A. Jacobson,

