



# THE OAKHAM HERALD

February, 2018

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, Tues, Wed, Thurs, 9 am-1 pm

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

**PHONE:** 508-882-5251

**STAFF:** Lucy Tessnau, part-time Director

## COA BOARD MEMBERS:

**Chair:** Pauline Dwelly

**Vice-Chair:** Rick Hendra

**Members** Steve Ober  
Priscilla McGlynn

**Alt. Members** Tammy Gehring  
Meg Goodrow

**Assoc. Members:** Jane Pease  
Jan Pierce  
Joan Kimball

## BACK DOOR CAFÉ

**Coordinator:** Jan Pierce

**Volunteers:** Pauline Dwelly  
Diane Rochette  
Lill Nichols

**NEWSLETTER** Lucy Tessnau  
Rick Hendra

## HYPNOSIS FOR WELL-BEING:

Bob Martel, a certified hypnotist out of *Positive Results Hypnosis* in Holden, will join us at the Back Door Café on Tuesday, February 27, at 10:30 a.m. to introduce the positive effects that hypnosis can have on our well-being. He has been well received at other Senior Centers and accepted our invitation to speak with us and to answer our questions. Hypnosis can provide an alternate to meds for reducing stress, easing emotional pain as well as chronic pain, and improving sleep patterns. Hypnosis may even help with memory loss through relaxation. These are all issues that we experience as we get older. So this is a very interesting approach to managing pain and other issues, well worth exploring.

No charge for this event!



### **\$ 5 CHINESE NEW YEAR LUNCH:**

Come celebrate the Chinese New Year with us on **February 9, at the Empire Buffet Chinese Restaurant, Southbridge, at 11:30 a.m.** The wide variety of dishes offers something for everyone and the service cannot be surpassed – nor can the camaraderie. Sign up at the Back Door Café by February 6. We have a limit of 30 seats available. If you need a ride or directions, please call Lucy at 508-882-3358. For reservations call 508-882-5251.

### **AUTOBIOGRAPHY WORKSHOP:**

We had a great turn out of folks interested in this program. So there will definitely be a class **beginning on Friday, January 26, and continuing through April 6, 2018: 10 sessions.** Classes will meet from **1:00 p.m. to 3:00 p.m. at the Drop-In Center.** There will be small fee of \$2 per person per class for a total of \$20, payable at the first class meeting.

### **NATURE IN YOUR BACKYARD:**

Plans are afoot to present an interesting program of “Nature in Your Back Yard – Oakham and Massachusetts”. We are hoping to offer it during the second week of March, just in time for the Spring awakening of some animals and the return of others, for foot prints in the snow and mud, and the arrival of a new generation of young. See the March *Herald* for time and date of this presentation.



### **FIRST DINE OUT NIGHT**

Want a night off from cooking? Don't like to dine out alone? Dine out with friends or meet new ones! You are all invited to join us on our first dine out month on **Wednesday, March 21, 2018 (the first day of SPRING).** We will meet at **the Black and White restaurant** on route 31, Spence at 4:30 p.m. Each person will be responsible for his/her meal cost, tax and tip. Please make reservations by calling 508-882-5251 or 508-882-3358 on or before March 16. Need a ride? Let us know.

### **SELF DEFENSE FOR SENIORS:**

Join us on **Tuesday, March 27, at 10:30 a.m.** for an enjoyable and useful educational demonstration of self-defense from Martial Arts Master Instructor Bill May of the Blue Stone Dojang Studio. There is no charge for this valuable safety program.

### **EXERCISE PROGRAM**

We are very happy to have Gordon return after his injury to lead us once again in our **Monday morning exercise program at 10:30.**

### **COMING IN APRIL:**

We are pleased to announce the return engagement of the chorus of the Greendale Retired Men's' Club of Worcester at 11:00 a.m. Following their performance, Jan will be serving a special pasta buffet bar lunch. Please make reservations by April

### **\*\*\*IN SYMPATHY\*\*\***

We were very sorry to learn of the recent deaths of Marna Mucha's mother and Lisa Starbard's sister the week before Christmas. We extend our deepest sympathies to both families and keep them in our thoughts during this difficult time.

### **WORCESTER BRAVEHEARTS:**

When's the last time you took in a ball game on a warm summer evening? (Sounds good about now, eh?) Worcester's own Bravehearts play baseball starting at 7:05 at Fitton Field at Holy Cross. With enough folks, we can get an all you can eat ballpark dinner – Angus burgers, jumbo hot dogs, chicken or veggie burger sandwiches, pasta or potato salad, and ice cream sundaes (all you can eat, right?) for \$27 per head, including the game and a Bravehearts cap! Let us know at the Senior Center if you might be interested.

### **PEN PALS:**

We have had several inquiries about the Pen Pal program. We are hoping that we will resume writing to the fourth graders in the next school year. More information will be coming in August.

### **CHRISTMAS PARTY LOOK-BACK:**

We had a wonderful Christmas celebration this past December 21. Since there were so many present, we held the celebration at the Oakham Congregation Church. The Swinging Singing Seniors of Hubbardston serenaded us with a delightful concert of seasonal songs. They certainly brought a warm feeling of camaraderie. Their program was followed by hors d'oeuvres and punch and time to socialize. At noon, Jan served a delicious meal of baked chicken croquets and for dessert, cream puffs. Next came our annual Christmas trivia questions. During our trivia game, we had a surprise visitor – Santa arrived with a bag of mementos of the day for everyone. We closed the event with a raffle of various holiday items and attendance prizes. It was a great day with friends.

### **PROFILE: EVA GRIMES**

Eva Grimes is a well known figure to most of us Oakham folk who, if they haven't met her, have surely seen her tooling around Town on her tractor, the very picture of the self-reliant Yankee farmer. Aside from her years in college and the Air Force, and a couple years in between as a farm hand in Stoughton, MA, she's lived on the same road in Oakham all her 93 years (though not in the same house – that one's gone; her parents moved the family up the road when she was still a girl).

Eva didn't just choose to be a farmer, she was born to it. Hers was a farming family, and she chose to get an education as well, from the Stockbridge School of Agriculture, back when women were not a common sight there (or anywhere in higher ed). She worked for a farm out in Stoughton to broaden her experience, because getting hired wasn't easy for a woman back then either.

When the Korean Conflict stirred up, Eva enlisted in the Air Force and got stationed down in Montgomery, AL - a "mosquito-ridden hell hole", I think she called it, fondly. But they had a softball team on base, and she'd played as a girl with her brothers and other kids in town, so she tried out. She was soon their all-star shortstop. Which means she had a strong arm, but that's no surprise.

She came back to Oakham and the family farm. And not surprisingly, she became one of the Town leaders. She was an assessor for 9 years. She and Hank Stone were "Field Riders" in Town back before we got an Animal Control Officer. She was Oakham's Agricultural Commissioner for many years.

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### **Profile: Eva Grimes (cont. from p.3)**

But most important to her, has been her work in engaging young people in agriculture. She's been very involved over the years in 4H, and she's run the Oakham Youth Fair – the annual vegetable and livestock showcase for young farmers in Town – for 54 years!

She also maintained her contacts with faculty at Stockbridge/UMass, and worked with a number of student interns they placed with her over the years. Two of the young women that came to learn farming firsthand from Eva were Sue Black and Ellie Downer. Both came from out of town, met their future spouses while working at Eva's farm and eventually

set down roots here. What an amazing legacy to leave our Town!

She never had much time, she said, for pursuing a family of her own; but Eva always had time for the youngsters.

Eva's not actively farming any more, but she's just as tough and independent as ever – what Twain would have called a “formidable” woman. But at home with her cat, relaxing in her easy chair, she's full of smiles and funny recollections. She joined us not too long ago at Charlie's Diner, and though she doesn't get out so much these days, she's looking forward to warmer weather, and we look forward to getting her out again for a good meal and good time soon!